



"My mom suffers from macular degeneration so I know first-hand how devastating it can be and the importance of early diagnosis through regular eye exams. A couple of simple things we can do to reduce our risk of blindness through eye diseases is to make smart choices in the foods we eat. Foods like dark leafy greens, seafood, nuts and of course carrots contain certain nutrients that can actually reduce your chances of becoming blind as a result of eye disease."

—Chef David Lawrence

## A FEW GOOD EGGS

Serves 1

### INGREDIENTS:

- 3 large eggs
- 1 tablespoon heavy cream or half & half
- 2 tablespoons unsalted butter, room temperature
- 1 tablespoon fresh chives, finely chopped
- 1 tablespoon tarragon, finely chopped
- Kosher salt & freshly cracked white pepper, to taste

### COOKING INSTRUCTIONS:

Preheat oven to 400 degrees. Whisk eggs and the cream in a small bowl. In a 9-inch ovenproof nonstick sauté pan, heat the butter over high heat until bubbling and foamy. You want it hot, but whatever you do, don't let it brown. Add the eggs all at once to the center of the pan. There should be an audible hiss. Immediately reduce the heat to low and using a heat-resistant rubber spatula stir constantly. The key thing to remember here is, "low and slow." When the eggs begin to "just set" on the bottom (the top will still be wet) turn off the heat and toss the pan into the preheated oven. Let it go for about 1 ½ minutes until the top is still moist looking and custard-like. Season with salt & pepper and scatter the chives and tarragon over the top of the eggs. Using the rubber spatula, gently loosen the edge of the eggs from the side of the pan and fold one side over toward the center. Use the pan to help you invert the omelet onto a plate folded over itself in thirds.

