

Soufflé Omelet filled with Broccoli and Goat Cheese
[Sara's Weeknight Meals Season 9](#)

Makes 2 servings

Hands-on time: 15 minutes

Total preparation time: 27 minutes

Ingredients

1/2 pound cooked broccoli, coarsely chopped

3 ounces fresh goat cheese, crumbled

Kosher salt and freshly ground black pepper

1 tablespoon vegetable oil

5 large eggs, separated

2 tablespoons all-purpose flour

Directions

Preheat oven to 375° F. Toss the broccoli with the goat cheese and salt and pepper to taste.

Heat the oil in a 10-inch nonstick or stick resistant skillet with a heat proof handle until it is hot and tilt the pan to coat the bottom with the oil; remove from the heat. Whisk the egg yolks with the flour, 1/2 teaspoon salt and 1/4 teaspoon pepper until the mixture is thick and fluffy, about 3 minutes. Beat the egg whites with an electric mixer until they hold soft peaks. Stir one quarter of the whites into the yolks and then fold the remaining whites into the yolk mixture gently but thoroughly. Pour the egg mixture into the skillet, spreading it evenly.

Bake the omelet in the middle of the oven for 10 minutes, or until it is puffed and almost cooked through, spoon the filling down the middle of it, and with a spatula fold the omelet in half to enclose the filling. Bake the omelet in the middle of the oven for 2 minutes more, or until the cheese is melted and the omelet is cooked through.