



EVERYTHING HERBAL

— by Cheryl Jabz —

Nettle Herb Omelet

— WHOLESOME • NOURISHING • HERBAL —



BENEFITS

Rich in vitamins A, C, and K. Contains iron, calcium, and magnesium. Provides antioxidants that support overall wellness. Traditionally used to support healthy circulation and seasonal wellness. Adds a mild, earthy flavor similar to spinach.

INGREDIENTS

- 1 cup young nettle leaves (wear gloves when handling raw nettles)
- 3 large eggs
- 2 tablespoons milk or cream
- 1 tablespoon olive oil or butter
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh chives
- 1/4 teaspoon garlic powder
- Salt and black pepper to taste
- 2 tablespoons shredded Parmesan cheese (optional)

INSTRUCTIONS

1. Wearing gloves, rinse the nettles thoroughly.
2. Bring a small pot of water to a boil.
3. Blanch nettles for 1 minute. Drain and rinse under cold water.
4. Squeeze out excess moisture and chop finely.
5. In a bowl, whisk together eggs, milk or cream, garlic powder, salt and pepper, parsley, and chives. Stir in the chopped nettles.
6. Heat olive oil or butter in a nonstick skillet over medium heat. Pour in the egg mixture.
7. Cook for 2–3 minutes until the edges begin to set.
8. Sprinkle Parmesan cheese over one half, if using. Fold the omelet in half.
9. Cook another 1–2 minutes until fully set.



Tip: Young spring nettles have the best flavor.
Always blanch or cook nettles before eating.



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