



# Omelettes: Eggs at Their Best/Quick and Easy Recipes for 50 Sensational Omelettes

*Laurence Sombke*

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If cholesterol concerns have cut your egg consumption to the four eggs per week recommended by the American Heart Association, then what better way to savor them than in a perfectly prepared omelette? Egg expert Laurence Sombke gives 50 omelette recipes from the world's greatest cuisines, plus tips and techniques. Line illustrations.

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