Baked Gruyere and Sausage Omelet
Recipe courtesy Giada De Laurentiis on foodnetwork.com

Ingredients
Butter, for greasing baking dish
2 tablespoons olive oil
1 small onion, diced
1/2 pound mild turkey sausage, casings removed
8 large eggs
1/3 cup whole milk
1 teaspoon kosher salt
Freshly ground black pepper
1 red bell pepper, diced
1 1/2 cups (4 ounces) grated Gruyere cheese
1/4 cup plus 2 tablespoons chopped fresh flat-leaf parsley

Directions
Preheat the oven to 425 degrees F. Lightly butter an 8 by 8-inch baking dish.

Heat the oil in a medium skillet over medium-high heat. Add the onion and cook until translucent, about 3 minutes. Add the sausage and cook until brown, about 5 minutes. Set the pan aside to cool.

In a large bowl, whisk together the eggs, milk, salt and pepper, to taste, until smooth, about 20 seconds. Add the red bell pepper, 1 cup of Gruyere cheese and 1/4 cup of parsley. Stir in the onion mixture. Pour the batter into the prepared pan. Sprinkle with the remaining cheese. Bake for 20 to 25 minutes or until golden brown.

Cut the baked omelet into wedges and sprinkle with remaining parsley before serving.

Cook's Note:
To make individual servings, divide the batter between 4 buttered 8-ounce ramekins. Bake for 15 to 18 minutes

Modified Version:
Use 2% or skim milk instead of the whole milk to make the recipe a little lighter. Gruyere cheese can be a bit on the expensive side, so Swiss cheese could be substituted. Red peppers can also be a bit more expensive, so any color could be substituted as well.