

Homemade American Diner Classics Made Easy

Classic Western Omelet

Serves: 1–2

Preparation time: 5 minutes

Cooking time: 15 minutes

Ingredients

- 1 teaspoon vegetable oil
- ¼ cup ham, diced
- ¼ cup onion, chopped finely
- ¼ cup bell pepper, chopped finely
- 3 large eggs
- 1 Tablespoon whole milk
- ⅛ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- ¼ cup grated Monterey Jack cheese

Directions

1. In a 10-inch nonstick skillet, heat oil over medium heat and then sauté ham, onion and bell pepper until tender and just beginning to brown (about 7 minutes).
2. While cooking ham and vegetables, whisk together eggs, milk, salt and pepper in a medium bowl.
3. Spread the ham and vegetables over the pan to form a single layer.
4. Pour in the egg mixture and sprinkle with cheese.
5. Tilt the pan to let liquid flow to pan. Let set (about 5 minutes).
6. Fold over into a half-moon and continue cooking 1 minute longer.
7. Serve immediately.

Nutrition (per serving)

Calories 481, Carbs 8 g, Fat 32 g, Protein 39 g, Sodium 1539 mg

Philly Cheesesteak

Serves: 4 | Preparation time: 5 minutes | Cooking time: 20 minutes

Ingredients

- 1 pound rib eye, sliced very thinly
- 1 Tablespoon olive oil
- ½ small bell pepper (any color), seeded and sliced into thin strips
- ½ cup fresh mushrooms, sliced
- 2 Tablespoons onion, chopped
- 4 slices Provolone
- 4 teaspoons processed cheese spread like Cheez Whiz (optional)
- 4 hoagie rolls

Directions

1. Heat oil in a skillet over medium heat and add peppers, mushrooms and onion. Sauté until tender. Remove from pan and set aside.
2. In the same skillet, add more oil if needed and heat. Add the meat and let cook, without flipping, until it turns grey. Flip over and shred in the pan while cooking. Drain out or wipe off any excess oil from pan. Place Provolone cheese over meat and return pepper-onion mixture to skillet, beside meat. Cover skillet and let cook until cheese is melted (about 1–2 minutes).
3. Spread rolls with Cheez Whiz (optional).
4. Spoon meat mixture into rolls and serve.

Nutrition (per serving)

Calories 543, Carbs 38.5 g, Fat 32 g, Protein 40.2 g, Sodium 662 mg

Fried Clams

Serves: 2–4 | Preparation time: 20 minutes | Cooking time: 6 minutes

Ingredients

- ½ cup milk
- 1 egg yolk
- 1 Tablespoon butter, melted and cooled
- ¼ teaspoon salt
- ½ cup all-purpose flour, sifted
- 1 egg white, cold
- 1 pint shucked clam, rinsed and well drained
- Oil, for deep frying
- Tartar sauce

Tartar Sauce:

- ¾ cup mayonnaise
- 2½ teaspoons lemon juice
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper, or to taste
- 2 teaspoons yellow onion, minced finely
- 2 teaspoons sweet pickle relish

Directions

1. Prepare tartar sauce about 2 hours ahead. Whisk the mayonnaise, lemon juice, salt and pepper together. Stir in the onion and pickle relish. Keep in a container with lid, refrigerated.
2. Preheat oil to 375°F.
3. Prepare batter. Whisk milk, egg yolk, butter and salt together in a bowl. Stir in flour until mixture is smooth. In another bowl (preferably chilled), whip or whisk egg white until soft peaks form. Fold this into the milk mixture.
4. Fry the clams. Use a fork to poke and pick up a clam. Dip into batter and fry until golden brown. Continue dipping and frying until no more clams are left. Fish out with spider strainer or slotted spoon and let drain over paper towels.
5. Serve with tartar sauce.

Nutrition (per serving)

Calories 430, Carbs 35.1 g, Fat 12.5 g, Protein 41.3 g, Sodium 1756 mg

Chicken Fried Steak and Gravy

Serves: 4 | Preparation time: 10 minutes | Cooking time: 20–25 minutes

Ingredients

- 4 pieces beef cube steaks (about 6 ounces each)
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon black pepper
- 1 cup all-purpose flour
- 2 large eggs
- $\frac{1}{2}$ cup milk
- Oil, for frying

For gravy:

- 2 tablespoons oil from fried chicken or butter
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper, or to taste
- 1 cup milk
- 1 cup water

Directions

1. Prepare meat for frying. Dry steaks with paper towels and season with salt and pepper. Put flour on a plate. In a bowl, whisk together eggs and milk. Coat meat with flour, dip into egg mixture, and then coat with flour again.
2. Fry the meat. Heat oil, $\frac{1}{4}$ inch deep, in a skillet over medium heat. Fry steaks until golden brown (about 4 minutes on both sides, with internal temperature of 160°F). Remove from pan and drain over paper towels.
3. Prepare gravy. Melt butter (if using) over medium heat or drain off oil from skillet in excess of 2 Tablespoons. Add flour, salt and pepper and stir until smooth. Continue cooking until browned (about 3 minutes). Whisk in water and milk. Continue whisking until mixture comes to a boil. Cook until thickened.
4. Steaks and gravy can be served, if desired, with mashed potatoes, hash browns, biscuits or home fries and eggs, cooked vegetables, or a salad.

Nutrition (per serving)

Calories 563, Carbs 29 g, Fat 28 g, Protein 46 g, Sodium 839 mg

Spaghetti and Meatballs

Serves: 6–8 | Preparation time: 15 minutes | Cooking time: 45 minutes

Ingredients

- 3¾ cups pasta sauce
- 1 pound spaghetti, cooked al dente (follow package instructions)
- Parmesan, grated, for sprinkling

Pasta sauce:

- 8 large fresh tomatoes or 12 Roma tomatoes, seeded and diced into small pieces, or 2 15-ounce cans diced tomatoes
- ½ cup olive oil
- 8 cloves fresh garlic, minced
- ¾ cup fresh basil, minced, or 1 Tablespoon dried basil
- ½ teaspoon salt
- 1 teaspoon fresh ground black pepper

Optional ingredients:

- ¼ teaspoon red pepper flakes, crushed
- 1 teaspoon sugar
- ⅛ teaspoon marjoram and/or oregano
- Parmesan cheese

For meatballs:

- 2 pounds lean ground beef
- 2 eggs
- ¾ cup dry breadcrumbs
- ¼ cup fresh parsley, chopped
- 1 garlic clove, minced
- ½ teaspoon salt, or to taste
- ¼ cup Parmesan cheese

Directions

For meatballs

1. Combine meatball ingredients in a bowl, mixing thoroughly.
2. Shape into 18 meatballs.

For sauce

1. In a large skillet or saucepan, heat olive oil over medium heat.
2. Sauté garlic and cook until tender.
3. Add fresh tomatoes and cook until heated through.
4. Stir in basil and the rest of the ingredients.
5. Bring to a simmer and add meatballs.
6. Simmer until meatballs are done and sauce is of desired thickness (35 minutes for “fresher” sauce or 2 hours for thicker consistency).
7. Serve sauce over cooked pasta and sprinkle with Parmesan cheese.

Nutrition (per serving)

Calories 778, Carbs 88.2 g, Fat 23.9 g, Protein 48.5 g, Sodium 1116 mg

Deep Dish Apple Pie

Servings: 12

Preparation time: 15 minutes

Cooking time: 75 minutes

Ingredients:

- 4 pounds of Granny Smith Apples (8 cups)
- 1 orange
- 1 lemon
- 2 tablespoons of lemon juice
- 1 tablespoon of orange juice
- ½ cup white sugar, plus 1 teaspoon
- 1 teaspoon of salt
- 1 tablespoon all-purpose flour
- ¾ teaspoon of ground cinnamon
- ⅛ teaspoon of ground allspice
- ½ teaspoon of ground nutmeg
- 2 deep-dish, premade pie crusts
- 1 egg
- 1 tablespoon of water
- Vanilla ice cream for serving (optional)

Directions:

1. Wash, peel, core and slice the apples. Place in a bowl.
2. Zest the orange and the lemon.
3. Squeeze the juices from the orange and lemon and pour into a bowl.
4. Whisk in the sugar and the zest.
5. Add the flour and salt.
6. Mix in the cinnamon, allspice and nutmeg. Mix thoroughly.
7. Add the apples and toss.
8. Pour the apples into one of the deep-dish pie crusts.
9. Remove the second crust from its dish and place it over the apple mixture.
10. Fold it under the bottom crust and crimp the pie edges with your fingers.
11. In a small bowl, whisk together the water and egg.
12. Brush the egg on the top of the pie crust.
13. Sprinkle with the remaining sugar and slice in 4 to 5 slits.
14. Place in the oven and bake for 60 to 75 minutes or until the juices are bubbling and the crust is golden brown.
15. Serve warm or cold with vanilla ice cream, if desired.

Nutrition (per serving)

Calories 300, Carbs 42 g, Fat 14 g, Protein 3 g, Sodium 325 mg

***These recipes and more are found in Louise Davidson's *American Diner Cookbook: Favorite Classic Recipes to Make at Home*. To get your own copy, click on the cover below or click [here](#).

