

Food Network omelet 'throwdown' in Truckee

Who has the best omelets? Bobby Flay of Food Network fame is challenging the chefs of Squeeze In.

Squeeze In, which started in Truckee more than 20 years ago, recently opened a location in Reno. More than 60 omelets are on the menu.

The winner will be announced March 3 at 9:30pm on the Food Network's "Throwdown with Bobby Flay".



Racy Tracy
omelet at
Squeeze In.
Photo/Provided

Flay dropped in on Squeeze In owners Gary and Misty Young and Shila and Chad Morris with a surprise all-American omelet throwdown – the first of its kind in the region.

Misty Young took Flay's challenge, whipping up the Squeeze In's 300,000th #37 Racy Tracy, the most popular omelet on the Squeeze In menu. It's packed with avocados and mushrooms sautéed in a white wine sauce and folded in with crisp bacon and Monterey Jack cheese.

Flay's creation is top secret until the program airs, but the Squeeze In has created a tribute omelet dubbed the Spanish

Flay that debuts on the menu March 4.