Create an Omelet

Create a tasty omelet from simple foods. Just follow each step. Use your imagination! Each omelet serves 1 adult.

Step 1

Crack two eggs in a small bowl

Step 2

Add salt, pepper, water, and herbs to bowl and gently stir Water – 1 tablespoon Herbs – 1 tablespoon of chives and/or parsley (optional)

Step 3

Heat omelet pan or non-stick skillet over high heat and one teaspoon of butter or coat with cooking spray

Step 4

Add egg mixture and tilt pan to evenly coat bottom of pan with eggs

Step 5

Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath

Step 6

Add fillings of choice

Grated cheese – Cheddar, Mozzarella, Swiss, American, Parmesan, Feta, etc.

Cooked meat – ham, bacon, Canadian bacon, chicken, etc.

Vegetables – onion, green pepper, tomatoes, salsa, green chilies, etc.

Step 7

Fold omelet in half and slide onto plate

