

# 7 Steps to Creating an Omelet

Use your creativity and the foods in your pantry, refrigerator or freezer to make a delicious omelet following these easy steps. Each omelet serves one adult.

Eggs are a nutritional bargain. They are an excellent source of protein, vitamins and minerals, plus eggs are inexpensive. Eggs will last three to five weeks beyond the sell-by date listed on the carton as long as they are stored in a refrigerator set at 40 F or lower.



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- 1. Crack two eggs in a small bowl.**
  - Mix well with a wire whisk or fork.
- 2. Add water (or milk) and mix. Season with salt, pepper and herbs (if desired).**
  - Water or milk: 1 tablespoon
  - Herbs: 1 tablespoon chopped fresh chives or parsley. Or sprinkle with dried parsley or other dried herbs.
- 3. Heat a nonstick skillet over high or medium-high heat.**
  - Add about 2 teaspoons of butter or margarine and allow to melt, rotating the pan to coat the bottom with melted butter.
  - Alternate directions: To reduce fat, omit the butter and spray the bottom of the pan with nonstick cooking spray.
- 4. Add egg mixture and tilt pan to coat bottom of pan evenly with egg mixture.**
- 5. Pull the cooked egg from the edge of the pan with a spatula and let the uncooked egg mixture flow under the cooked portion.**
- 6. When the eggs are mostly set, add fillings of choice on top of half of the cooked egg mixture. Continue to heat until the cheese begins to melt.**
  - 2 to 3 tablespoons grated cheese such as cheddar, mozzarella, Pepper Jack, Swiss or American
  - 3 to 4 tablespoons lean protein such as canned black beans (drained and rinsed), diced ham, cooked chicken, crisp bacon
  - 3 to 4 Tablespoon vegetables, such as chopped onion, mushrooms, green pepper, tomatoes, salsa, spinach, green chili peppers
- 7. Fold omelet in half and slide onto plate.**

#### A few ideas:

“Vegetarian:” Pepper Jack cheese, green peppers, onions, tomatoes and mushrooms

“Southwest:” black beans, cheddar cheese, green onions and salsa “Italian:” Mozzarella cheese, spinach, chopped tomatoes and basil

#### Menu idea:

Omelet, whole-grain toast, fresh or canned peaches, low-fat or fat-free milk

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Source: Adapted with permission from Utah State University.

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