



Basic French Omelet

2 + 2 + 2 + 2 = Success

Ingredients:

- 2 eggs
- 2 Tablespoons water
- 1/8 teaspoon salt
- Pepper to taste
- 2 of the following items: 1 Tablespoon mushrooms, green pepper, red pepper, chopped ham, or low-fat cheese
- 1 teaspoon butter, margarine, oil or cooking spray to coat pan

Instructions:

- 1) Beat together eggs, water, salt and pepper until blended.
- 2) In a 7 – 10" fry pan, over medium high heat, heat butter or oil until just hot enough to sizzle a drop of water (or use cooking spray.)
- 3) Pour in egg mixture (mixture should set immediately at edges).
- 4) With an inverted pancake turner, carefully push cooked portions at edges toward the center so uncooked portions can reach the hot pan surfaces, tilting pan, and moving cooked portions as necessary.
- 5) While top is still moist and creamy-looking, fill with vegetables or cheese, as desired.
- 6) Cook 2 minutes.
- 7) With pancake turner, fold omelet in half. Invert omelet onto a plate.

YIELD: 1 omelet

Variations:

For a unique omelet, add your favorites:

- Sweet potatoes and onions
- Sausage or tofu and peppers
- Low-fat cheese, peppers, and salsa
- Light cream cheese, salmon, and capers
- Tomato and spinach
- Bacon, cheese, and onions
- Shredded potato, cheese, and salsa
- Avocado, tomatoes, and salsa
- Summer squash, bell pepper, and onions

Nutrition Analysis

(2 eggs plus cheese, mushroom, and pepper)

Serving Size: 1 omelet

Calories: 177

Total Fat: 13.2 g

Calories from Fat: 67%

Saturated Fat: 5.5 g

Trans Fat: 0.0 g

Total Carb: 1.5 g

Dietary Fiber: 0 g

Sodium: 470 mg

Protein: 13.4 g

Calcium: 83.3 mg

Iron: 1.7 mg

Recipe Source

American Egg Board, www.incredibleegg.org/