



Omelets



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Did you know that eating a breakfast high in protein can help improve your overall health? Breaking your overnight fast with a breakfast high in protein like an omelet helps to wake the body up and keep your blood sugar stable.

Omelet making can be fun because it is a chance for you to get creative and mix and match food items to make an omelet that fits the flavors you like. For example, toss together some peppers, onions, spinach, and swiss cheese and just like that you have a fiber-filled, balanced, energy packed meal.

Bonus points for extra veggies! Save time and money by buying frozen chopped vegetables. Frozen veggies tend to be cheaper than fresh and are easily added to omelets.

If you're not sure where to start, that's okay. Grab some eggs and your favorite veggies and start trying out some different combinations. Before you know it, breakfast will become your favorite meal!



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General Omelet Recipe

Recipe adapted from
www.eatingwell.com



Kitchen Tools Needed

- BPA-free non-stick pan
- Bowl
- Spatula
- Whisk or fork
- Knife and cutting board
- Plate

Ingredients

- 2 large eggs
- 1 tsp olive oil
- Nonstick cooking spray
- Salt and pepper to taste

Additional Toppings of Choice

- Scallions
- Fresh or dried basil, oregano, thyme, dill
- Garlic, chopped

Instructions

1. Prepare vegetable filling by chopping veggies of your choice. In the pan, add 1 tsp olive oil and chopped veggies. Sauté until the veggies are soft. Set aside.
2. Spray the pan with non-stick spray.
3. Crack and whisk the eggs in mixing bowl. Once fully mixed, pour into the hot pan.
4. Immediately begin stirring eggs gently but continuously with a spatula until the mixture resembles cooked egg. Stop stirring. Cook for 30 to 60 seconds more or until the egg is set.
5. Spoon the filling over one side of the omelet. Carefully fold the omelet over the filling. Remove from pan.

Option 1: Spinach and Tomato

½ cup spinach, steamed and chopped, ½ cup tomato, chopped, 1 Tbsp shredded cheddar cheese

Option 2: Broccoli, Pepper, and Onion

½ cup broccoli, ½ bell pepper, sliced, ¼ onion, diced

Option 3: Chicken Sausage and Mushrooms

1 chicken sausage link (chopped), ½ cup sliced mushrooms