



Omelets

1 to 1 1/2 c. chopped vegetables (onions, bell peppers, tomatoes, mushrooms, spinach, black olives, or your favorite veggies)

2 eggs

splash of water

raw sharp cheddar, grated (to taste)

salt and pepper to taste

olive oil cooking spray

Spray frying pan with olive oil cooking spray and cook vegetables over medium heat to desired consistency. Set aside and wipe out frying pan.

Spray frying pan with cooking spray again, and preheat pan over medium-low heat. Whisk eggs and water for 1 minute. Add salt and pepper, and whisk until combined.

Pour eggs into frying pan and cover. Cook for 3-4 minutes, or until eggs are no longer runny. Flip eggs over and cook the other side for 1-2 minutes. Add cooked vegetables to one half of the egg, and fold egg in half over vegetables. Turn off heat and cover. Let omelet sit in pan for 1-2 minutes before serving. Top with grated sharp cheddar cheese. Makes 1 omelet.

