

Omelet

Makes 1 omelet

Ingredients

- 2 eggs
- 2 Tablespoons water or low-fat milk
- $\frac{1}{8}$ teaspoon salt (optional)
- Black pepper to taste (optional)
- 1 teaspoon canola oil

Nutrition Facts

Serving Size 1 omelet (135.03g)
Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat** 130

% Daily Value*

Total Fat	14g	22%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	375mg	125%
Sodium	160mg	6%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	2g	
Protein	14g	27%

Vitamin A 10% • Vitamin C 0%
Calcium 10% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.



Directions

1. In small bowl, beat eggs and water or milk with seasonings.
2. In skillet, heat oil until just hot enough to sizzle a drop of water.
3. Pour in eggs; mixture should begin to set around edges.
4. Carefully push edges toward center with pancake turner so uncooked portion can reach hot pan surface.
5. When top is thickened and no liquid egg remains, fold omelet in half. Slide from pan onto plate.

Variations

Cheese - Omit salt. When eggs are cooked, add $\frac{1}{4}$ cup shredded low-fat cheese in center of omelet. Fold over.

Ham and Cheese - Prepare cheese omelet with $\frac{1}{4}$ cup chopped, cooked ham. Fold over.

Mushroom - Cook $\frac{1}{3}$ cup sliced fresh mushrooms in a little oil until tender. Spoon into center of omelet. Fold over.

Vegetable - Cook $\frac{1}{3}$ cup mixed vegetables or other chopped vegetables and $\frac{1}{8}$ teaspoon basil in a little oil until tender. Spoon into center of omelet. Sprinkle with grated Parmesan, shredded low-fat cheddar, or crumbled feta cheese. Fold over.