

Omelette

Unit: Griddle or Gourmet Skillet

2-3 Eggs

Desired chopped veggies

1/2 - tsp Cooking oil (not olive oil)

Shredded Cheese

Add a thin layer of cooking oil to the skillet or spray the skillet with cooking spray and preheat on medium heat for 5 minutes, or until the unit is fairly hot. Beat and season the eggs in a bowl.

Reduce the temperature to medium-low and add the eggs. Cook until the eggs start to solidify and then sprinkle in your desired ingredients. When the eggs and ingredients have reached your desired consistency, fold the omelette in half and serve.

***Note: Some stovetops are hotter than others. Increase or decrease the heat accordingly if needed.**



HEALTH QUEST