Create Easy Eggs

# Create a t asty egg dish from simple foods. Follow each step. Use your imagination! Each recipe serves 1 adult.

## Step 1: Prepare fillings of choice from the list below. Set aside:

1. Vegetables such as onions, green pepper, mushrooms, tomato, salsa, green chilis, broccoli, squash or other vegetables.
2. Grated cheese such as cheddar, mozzarella, Swiss, American, parmesan, feta, or other.
3. Cooked meat such as ham, bacon, Canadian bacon, chicken or other.

## Step 2:

1. Crack 2 eggs in a small bowl

## Step 3:

1. Add salt, pepper, 2 tablespoons of water, and herbs to a bowl.
2. Gently stir.

## Step 4:

1. Heat an omelet pan or non-stick skillet over medium-high heat.
2. Spray it with cooking spray.

## Step 5:

1. Add egg mixture to the pan and tilt to evenly coat bottom of pan with eggs.

## Step 6:

1. Pull the cooked egg from the edge of the pan with a spatula.
2. Let the liquid eggs run underneath.

## Step 7:

1. Add fillings down center of the omelet

## Step 8:

1. Fold omelet into thirds and slide onto a plate.

## For more details, use the following directions:

1. The pan should be hot. When you add cooking spray, it should sizzle.
2. Pour the egg mixture into the pan.
3. Spread the mixture evenly over the bottom of the pan.
4. Gently start pulling the cooked egg to the center of the pan. Let the liquid egg run underneath.
5. When the eggs are mostly set up, add any filling of choice.
6. Fold the omelet with a spatula and carefully slide it onto a plate.

# Omelet Recipes

### A pantry that is stocked with whole foods will help you create great tasting omelets like these!

Mexican Style Omelet Filling

* Pinto or black beans- refried or whole
* Salsa
* Avocado slices
* Monterey Jack cheese
* Cumin and chili powder (added to eggs)

Garden Style Omelet Filling

* Sliced mushrooms
* Sliced yellow summer squash
* Sliced zucchini
* Diced red pepper
* Diced onion
* Parmesan cheese
* Basil and garlic powder (added to eggs)

No time for an omelet? Here are some other quick and easy ways to make eggs:

1. Hard Boiled Egg
   1. Cover eggs with water in a pot. Cover pot and bring to a boil.
   2. Remove from heat and let stand, covered for 20 minutes.
   3. Remove eggs and rinse under cold water.
   4. Store in the refrigerator for up to 1 week.
2. Scrambled Eggs
   1. Crack eggs into a bowl.
   2. Add 1 tablespoon of low-fat milk or water per egg.
   3. Mix with a fork or whisk.
   4. Heat skillet over medium heat.
   5. Spray with non-stick cooking spray.
   6. Pour eggs into the pan.
   7. Stir occasionally until eggs are firm.
3. Microwave scrambled eggs
   1. Combine 2 eggs and 2 tablespoons of low-fat milk or water in a microwave safe dish.
   2. Microwave on high for 45 seconds. Stir.
   3. Microwave on high for another 45 seconds. Eggs should be set and firm.
4. Frittata, which is like an omelet, but easier to make to feed a crowd.
   1. Prepare filling ingredients, precook any that you may want cooked such as onions or mushrooms.
   2. Crack 6 to 10 eggs into a bowl and whisk them.
   3. Heat a large skillet over medium heat. Spray with cooking spray.
   4. Gently stir the filling ingredients into eggs.
   5. Pour the entire mixture into skillet. Cover and cook over low heat. Cook for 10-20 minutes or until the center is set.
   6. If the top is still a little runny, you can stick the pan under the broiler for about a minute.
   7. Cut into wedges and serve.

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