

# CREATE AN OMELET

Create a tasty omelet from simple foods. Just follow each step. Use your imagination! Each omelet serves one adult.

<b>1</b>	<b>Prepare fillings of choice; set aside</b> <ul style="list-style-type: none"><li>• Vegetables—onion, green pepper, mushroom, tomato, salsa, green chili, broccoli, squash, etc.</li><li>• Grated cheese—cheddar, mozzarella, Swiss, American, parmesan, feta, etc.</li><li>• Cooked meat—ham, bacon, Canadian bacon, chicken, etc.</li></ul>
<b>2</b>	<b>Crack two eggs in a small bowl</b>
<b>3</b>	<b>Add salt, pepper, water, and herbs to bowl and gently stir.</b> <ul style="list-style-type: none"><li>• <b>Water:</b> 2 tablespoons</li><li>• <b>Herbs:</b> 1 tablespoon of chives and/or parsley (optional)</li></ul>
<b>4</b>	<b>Heat omelet pan or non-stick skillet over medium-high heat. Spray with cooking spray.</b>
<b>5</b>	<b>Add egg mixture to pan and tilt to evenly coat bottom of pan with eggs.</b>
<b>6</b>	<b>Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath.</b>
<b>7</b>	<b>Add fillings down center of omelet.</b>
<b>8</b>	<b>Fold omelet in thirds and slide onto plate.</b>

## DIRECTIONS:

The pan should be hot when you add the cooking spray so that it sizzles. Pour the egg mixture into the pan. Spread the mixture evenly over the bottom of the pan. Gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath. When the eggs are mostly set but the top is still a little runny, add any filling of choice. Fold the omelet with a spatula and carefully slide it onto a plate.

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## OMELET RECIPES

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

### Ranch Style Omelet Filling

- Cherry tomatoes, cut in half
- Sliced mushrooms
- Diced red onion
- Fresh parsley
- Cheddar cheese
- Fat-free ranch dressing

### Mexican Style Omelet Filling

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

### Greek Style Omelet Filling

- Sliced mushrooms
- Sliced green onions
- Diced tomato
- Sliced olives
- Feta cheese

### 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)

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley

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This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.  
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