

Create Easy Eggs

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

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

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.

Omelet Recipes

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

Hard Boiled Egg	Cover eggs with water in a pot. Cover pot and bring to a boil. Remove from heat and let stand, covered for 20 minutes. Remove eggs and rinse under cold running water. Store in the refrigerator for up to 1 week.
Scrambled Eggs	Crack eggs into a bowl. Add 1 tbsp. of low-fat milk or water per egg. Mix together using fork or whisk. Heat skillet over medium heat. Spray with non-stick cooking spray. Pour eggs into pan. Stir occasionally until eggs are firm.
Microwave Scrambled Egg	Combine 2 eggs and 2 tbsp. of low-fat milk or water in a microwave safe dish. Microwave on high for 45 seconds. Stir. Microwave on high for another 45 seconds or until eggs are set and firm.
Frittata Similar to an omelet, but easier to make to feed a crowd.	<ul style="list-style-type: none">• Prepare filling ingredients, precook any that you may want cooked (onions, mushrooms, etc.).• Crack 6 to 10 eggs into bowl and whisk them.• Heat large skillet sprayed with cooking oil over medium heat.• Gently stir filling ingredients into eggs.• Pour entire mixture into skillet, cover, and cook over low heat for 10-20 minutes, or until center is set.• If top is still a little runny, you can stick the pan under the boiler for a minute or so to set the top.• Cut into wedges and serve.

