

Omelettes

Prep Time: 5 minutes
Cook Time: 5 minutes

Ingredients:

- 2 eggs
- 2 Tablespoons milk (optional)
- Non-stick Spray Oil (Pam)
- Salt and pepper, to taste



Preparation:

1. Crack the eggs into a glass mixing bowl and beat them until they're smooth.
2. Heat a nonstick pan over medium-low heat. Spray with Pam.
3. Add the milk, salt, and pepper to the eggs and mix it all together.
4. When the pan is hot enough to make a drop of water hiss, pour in the eggs. Don't stir! Let the eggs cook for up to a minute or until the bottom sets.
5. Gently push one edge of the egg into the center of the pan. Tilt the pan to let the liquid egg to flow in underneath. Repeat until there's no liquid left.
6. Your eggs should now resemble a bright yellow pancake, which should easily slide around on the nonstick surface. If it sticks at all, loosen it with your spatula.
7. Now gently flip the egg pancake over, using your spatula to ease it over if necessary. Cook for another few seconds, or until there is no uncooked egg left.
8. If you're adding any other ingredients, now's the time to do it.
9. Lift one edge of the egg and fold it across and over, so that the edges line up. Cook for another minute or so, but don't overcook or allow the egg to turn brown. If necessary, you can flip the entire omelet over to cook the top for 30 seconds.
10. Gently transfer the finished omelet to a plate.

There's no limit to the number of fillings you can use! Some suggestions include:

- Shredded cheese
- Sautéed mushrooms and/or onions
- Chopped bell pepper
- Salsa fresco
- Dill weed, oregano, basil—any herbs of choice