

Basic Omelette



Recipe by: Egg Farmers of Canada

What you need

- 2 eggs
- 1 tbsp of oil or butter
- 1 tbsp of water
- A pinch of salt, black pepper and herbs to taste

Servings: 1

Filling ingredients

Sautéed onion •
diced green pepper •
tomato • spinach •
mushrooms • ham •
grated cheese

Preparation (15 minutes):

1. Whisk eggs, water and herbs and spices, salt and pepper together
2. Heat oil or butter over medium heat
3. Add egg mixture to heated pan
4. As the edges begin to set, gently push them towards the centre and allow the uncooked egg to fill the spaces on the sides
5. When almost set, add your filling of choice on one half
6. Fold the other half over the top of the filling
7. Cook for one more minute and serve