

Omelet

Ingredients

- Choice of Filling
- 8 large eggs
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon salt
- 4 teaspoon butter

Equipment Needed

- Medium bowl
- Skillet
- Turner
- Rubber spatula

Directions

1. Prepare the filling.
2. In a medium bowl, with wire whisk, beat eggs, water and salt.
3. In a nonstick skillet, melt 1 teaspoon butter over medium high heat.
4. Pour $\frac{1}{2}$ cup egg mixture into the skillet.
5. Cook, gently lifting the edge of the eggs with a heat safe rubber spatula and tilting the pan to allow uncooked eggs to run underneath, until eggs are set, about 1 minute.
6. Spoon one-fourth of filling over half of the omelet over filling and slide onto a warm plate.
7. Repeat with remaining butter, egg mixture and filling. If desired, keep omelets warm in 200°F oven until all omelets are cooked.

Variations (there are so many different options for fillings!)



Possible Fillings for an Omelet

Creamy Mushroom Filling

In a nonstick skillet, melt **1 tablespoon butter** over medium heat. Add **1 medium onion**, finely chopped; cook until tender, about 5 minutes. Stir in **8 ounces mushrooms**, trimmed thinly sliced, **$\frac{1}{4}$ teaspoon salt** and **$\frac{1}{8}$ teaspoon ground black pepper**; cook until liquid has evaporated. Stir in **$\frac{1}{4}$ cup heavy cream**; boil until thickened, about 3 minutes. Stir in **2 tablespoons chopped fresh parsley**. Use one-fourth mushroom mixture for each omelet.

Black Bean and Salsa Filling

In a nonstick skillet, cook **1 cup canned black beans**, rinsed and drained, and **1 cup medium hot salsa** over medium high heat, stirring frequently, until liquid has evaporated. Divide black bean mixture, **1 ripe medium avocado**, peeled and chopped, and **$\frac{1}{4}$ cup sour cream** among omelets.

Garden Vegetable Filling

In a nonstick skillet, heat **1 tablespoon of olive oil** over medium heat. Add **1 small onion**, chopped, **1 small zucchini**, chopped, **1 small yellow pepper**, chopped, **$\frac{1}{4}$ teaspoon salt**, and **$\frac{1}{8}$ teaspoon ground black pepper**; cook until vegetables are tender about 10 minutes. Stir in **2 ripe plum tomatoes**, chopped and **$\frac{1}{4}$ cup chopped fresh basil**; heat through. Use one-fourth mixture for each omelet.

Spinach, Cheddar and Bacon Filling

In 3-quart saucepan, cook **1 bunch spinach**, washed, dried very well and tough stems trimmed, over high heat just until wilted, drain. When cool enough to handle, squeeze out excess liquid from spinach and coarsely chop. Divide chopped spinach, **4 ounces Cheddar Cheese**, shredded (1 cup) and **4 slices of bacon**, cooked and crumbled, among omelets.

Western Filling

In a nonstick skillet, heat **1 tablespoon of olive oil** over medium heat. Add **1 small onion**, chopped, **1 green pepper**, chopped, **8 ounces mushrooms**, trimmed and thinly sliced, and **$\frac{1}{4}$ teaspoon salt**; cook until vegetables are tender and liquid has evaporated, about 10 minutes. Add **4 ounces sliced ham**, finely chopped (1 cup), heat through. Use one-fourth filling for each omelet.

Quick No-Cook Fillings for Omelets

In the mood for a deliciously different omelet? Try one of these flavorful combinations!

*Mango chutney and sour cream * diced avocado, salsa and sour cream * chopped tomato and pesto * chopped smoked salmon, cubed cream cheese and capers * chopped smokey turkey, thinly sliced red onion and cubed Brie cheese * chopped tomato, crumbled feta cheese and dill * diced ham, chopped green onions and shredded Pepper Jack Cheese * caponata and grated Parmesan cheese * ricotta cheese, berries and confectioner's sugar * crumbled goat cheese, jalapeno jelly and sour cream * chopped fresh herbs, green onions and sour cream*