



2 Egg Omelet



Recipe from incredibleegg.org

Ingredients



- 2 eggs
- 2 Tbsp. water
- 1/8 tsp. salt
- Dash pepper
- 1 tsp. butter
- 1/3-1/2 cup filling (shredded cheese, finely chopped ham, baby spinach or add any veggies you prefer)

Yield: 1 serving
Serving Size: 1 omelet



Directions



1. Beat eggs, water, salt, and pepper in a small bowl until blended.
2. Heat butter in a 7-10 inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt pan to cover bottom of pan with butter. Pour in the egg mixture. Mixture should set immediately at edges.
3. Gently push cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. Continue cooking and tilting pan and gently moving the cooked portions as needed.
4. When the top surface of the eggs is thickened and no there is no visible liquid egg mixture, place filling on one side of the omelet. Fold omelet in half with turner. With a quick flip of the wrist, turn pan and invert or slid omelet onto plate. Serve immediately.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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Protein
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Dairy
ChooseMyPlate.gov

Vegetables
ChooseMyPlate.gov

Cooking Tips

- Try adding diced tomatoes, mushrooms, onions into omelet for more veggies!

Nutrition Facts

Nutrition Facts	
1 servings per container	
Serving size	1 omelet
Amount Per Serving	
Calories	340
<small>% Daily Value*</small>	
Total Fat 25g	32%
Saturated Fat 12g	60%
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 8g	
Cholesterol 430mg	143%
Sodium 650mg	28%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 27g	54%
Vitamin D 3mcg	15%
Calcium 271mg	20%
Iron 3mg	15%
Potassium 305mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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