

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



- Beat eggs, water, salt, and pepper in a small bowl until blended.
- 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.
- 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.
- 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.

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Fast Facts

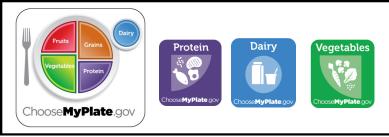












Try adding diced tomatoes, mushrooms, onions into omelet for more veggies!



Serving size	1 omelet
	1 Officies
Amount Per Serving	240
Calories	340
	% Daily Value
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%

Second Harvest is an equal opportunity provider.



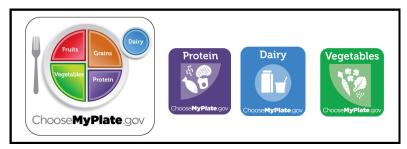
Fast Facts





Featured Food Groups





Cooking Tips

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