



Quick and Yummy Omelets

Ingredients

- 1 teaspoon canola oil, divided
- ½ cup filling, such as shredded cheese, onions, spinach, or other vegetables, chopped
- 2 eggs
- 2 tablespoons 1% milk
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper

Directions

1. Lightly grease a skillet with ½ the oil and cook raw vegetables until tender. Set aside for later.
2. Beat eggs, milk, salt, and pepper in a bowl until blended.
3. Heat remaining canola oil in skillet over medium-high heat until hot.
4. Pour in egg mixture. Mixture should set immediately at edges.
5. Gently push cooked portions from the edges toward the center with the spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. When the top surface of eggs has thickened and no visible liquid remains, place filling on half of the omelet.
7. Fold omelet in half with spatula, covering the filling, and slide onto a plate.
8. Serve immediately.

Nutrition Facts

Serving Size 1 serving (89.52g)
Servings Per Container 2

Amount Per Serving

Calories 100 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 230mg **10%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 7g

Vitamin A 10% • Vitamin C 2%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.