



A Nutrition Resource

## CREATE YOUR OWN OMELET

**Yield: 1 Servings | Serving Size: 1 omelet**  
**Cost/Serving: \$0.45**

### Ingredients:

1/4 to 1/3 cup filling  
1 teaspoon butter  
2 eggs  
1 Tablespoon milk or water  
Salt and pepper to taste  
Herbs (optional)

### Directions:

- 1) Prepare the filling. A basic rule of thumb is that you need one quarter to one third cup of filling for every two eggs. If you are using a filling that needs to be cooked — such as apples, mushrooms, onions, peppers, leeks — quickly sauté in a small frying pan. If you are making a cheese omelet, either slice the cheese thinly or grate it finely and put aside.
- 2) Crack the eggs into a small mixing bowl. Stir gently with a fork until well-beaten. Add the milk or water, salt and pepper, and any herbs, and set aside.
- 3) Heat a 6- to 8-inch pan over high heat until very hot (approximately 30 seconds). Add the butter, making sure it coats the bottom of the pan. As soon as the butter stops bubbling and sizzling (and before it starts to brown), slowly pour in the egg mixture.

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 omelet (153g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 340mg	<b>113%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 2mcg	10%
Calcium 121mg	10%
Iron 2mg	10%
Potassium 299mg	6%

\*The % Daily Value 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.



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- 4) Tilt the pan to spread the egg mixture evenly. Let eggs firm up a little and after about ten seconds, shake the pan a bit
- 5) Tilt the pan to spread the egg mixture evenly. Let eggs firm up a little and after about ten seconds, shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.
- 6) Continue to cook for another minute or so until the egg mixture holds together. While the middle is still a little runny, add the filling. Put in sauteed vegetables or fruit first, near the center, then sprinkle any cheese on top.
- 7) Tilt the pan to one side and use the spatula to fold approximately one third of the omelet over the middle. Shake the pan gently to slide the omelet to the edge of the pan.
- 8) Holding the pan above the serving plate, tip it so the omelet rolls off, folding itself onto the plate. The two edges will be tucked underneath.

**Filling suggestions:** grated cheese, chopped cooked ham or other chopped cooked meat, chopped vegetables (green pepper, onion, mushroom, spinach, tomato, etc.), garlic, etc.

**Note:** Nutrition Facts show information for filling of 1/6 cup spinach and 1/6 cup mushrooms.

*Adapted from [www.epicurious.com](http://www.epicurious.com)*

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