

Chef's Choice Omelette

Preparation time	5 minutes
Cooking time	5-8 minutes
Servings	2
Cost per serving	78¢, varies depending on the filling chosen
Storage	Serve immediately. Will keep for 3 days in the fridge. Can't be frozen.
Kitchen tools	Measuring cups and spoons, fork, medium-size bowl, medium-size frying pan, spatula.



Ingredients



4 eggs



Salt and pepper to taste



10 ml (2 tsp) de **butter** or non-hydrogenated margarine

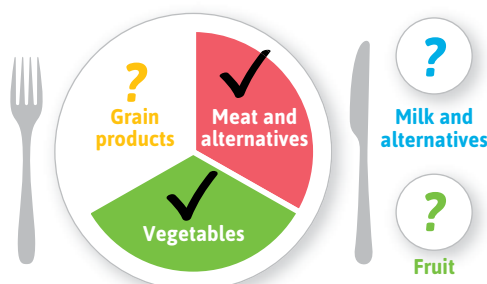
VEGETABLES:
ONIONS, COOKED SQUASH,
GREEN PEAS, BROCCOLI,
MUSHROOMS, DICED
TOMATOES, SPINACH,
ETC.



125 ml (½ cup)
your choice of **filling**

PROTEIN:
GRATED CHEESE,
BEANS, SHRIMP,
CANNED SALMON,
COOKED MEAT,
DICED HAM,
ETC.

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Balanced plate

Serve with:

- ? A grain product (toast, for example)
- ? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

Directions

<p>1 In a bowl, beat the eggs with the salt and pepper.</p>	
<p>2 Melt the butter or margarine in a medium-size frying pan over medium heat.</p>	
<p>3 Pour the egg mixture into the frying pan.</p>	
<p>4 Using a spatula, gently lift up part of the eggs and tip the pan slightly from side to side so the omelette cooks evenly.</p>	
<p>5 When the eggs seem cooked enough, but are not yet browned, place the filling on half the omelette.</p>	
<p>6 Using the spatula, fold the other half of the omelette (without the filling) over the filled half. Cook for 1 to 2 minutes.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition