

## Basic Omelet

2 servings

To help with meal planning, make a list of your family's favorite meals and start planning the meals your family eats together the most.



3 eggs  
1 Tablespoon milk or water  
1/4 teaspoon salt (optional)  
Black pepper or cayenne pepper, to taste  
Additional Fillings: vegetables, cheese, ham, turkey (optional)

1. Wash hands with soap and water.
2. In a small bowl, crack the eggs. Wash hands with soap and water after cracking raw eggs. Beat eggs, milk, salt, and pepper, if desired, with a fork until blended.
3. Spray a small skillet with non-stick cooking spray. Heat skillet over medium-high heat. Pour in egg mixture.
4. As the egg mixture starts to cook around the edges, tilt pan and gently push cooked portions to the center to allow uncooked portions to reach the pan's hot surface.
5. If desired, top eggs with additional ingredients while top is still moist. Fold the omelet in half or roll.
6. Slide omelet from pan onto plate.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving (1/2 of recipe):** Calories 110, Total Fat 7g, Saturated Fat 2.5g, Protein 10g, Total Carbohydrate 1g, Dietary Fiber 0g, Total Sugars 1g, Added Sugars 0g, Sodium 110mg.

Recipe Source: Nebraska Extension