

CHEESE OMELETTE

(serves 1)

INGREDIENTS AND QUANTITIES:

2 eggs

1/4 cup grated cheese (Tex-Mex, Mozzarella or Cheddar)

1 tsp. Margarine

choice of fillings, green onion, peppers, tomatoes

salt and pepper

EQUIPMENT & UTENSILS:

Large nonstick fry pan

Spatula (flipper)

Whisk

Small bowl

Chopping board

Paring knife

1/4 dry measuring cup and measuring spoons

serving plate and cutlery

PROCEDURE:

1. Break 2 eggs into a small bowl. Beat until foamy. Use salt and pepper as desired.
2. Turn large stove burner on to medium heat (#7). Into the fry pan pour the eggs.
3. Swirl the eggs to coat pan evenly.
4. When eggs appear to be well cooked, place cheese and fillings on half of the omelette.
5. Carefully lift edges of omelette to free them, and then fold in half.
6. Continue cooking a few minutes more, so that all cheese melts.
7. Flip over. Fry other side for an additional minute.
8. Slide omelette onto a serving plate.
9. Serve with a tossed green salad for a light lunch.