



Omelette - Make Your Own

SERVES: Hearty tasting portion for 6

Pillar(s) of Nutrition: Lean on Protein, Eat the Rainbow

Omelette

- 6 **eggs**
- 6 Tablespoons **milk**
- Pinch of **salt**
- 1 ½ Tablespoons of unsalted **butter**

Filling options

- ½ cup **cheddar cheese**, grated
- ½ cup **Monterey Jack cheese**, grated
- 1 (8 oz) can **black beans, drained and rinsed**
- 1 cup **cherry tomatoes**, halved
- ½ cup **mushrooms**, chopped and sautéd
- 1 cup **spinach**, chopped
- ¼ cup **green onions**, chopped
- 1 **avocado**, thinly sliced
- ½ cup canned **artichoke hearts**, chopped
- 1 **jalapeño**, sliced (optional)
- 3 teaspoons **olive oil**, divided

Variations to Try

- ❑ Most cheeses work well in omelettes, so try another cheese of your choice like feta or mozzarella.
- ❑ If you want a larger omelette, add one more egg and another tablespoon of milk.
- ❑ For something spicy, top the omelette with hot sauce or spicy salsa.

Directions

1. Prepare the filling options (**black beans, cherry tomatoes, mushrooms, spinach, green onions, artichoke hearts**, and if using, **jalapeño** by washing, rinsing, and chopping. Set aside.
2. Heat 1 teaspoon **olive oil** in a 9-10 inch skillet, add the chopped veggies and sauté for 3-4 minutes. Remove pan from heat and set aside.
3. Grate the **cheese**.
4. Melt ½ tablespoon of **butter** in a medium nonstick pan over medium heat.
5. Crack two **eggs** into a mixing bowl and add 2 Tablespoons of **milk** and a pinch of **salt**.
6. Whisk the **egg** mixture until bubbles start to form.
7. Pour the **egg** mixture into the pan after the **butter** has fully melted.
8. Swirl the mixture gently around so that it fully coats the bottom of the pan.
9. Wait 30 seconds and then gently nudge the **egg** mixture with a rubber spatula to evenly distribute the uncooked **egg**.
10. Place the omelette filling of your choice (**black beans, cherry tomatoes, mushrooms, spinach, green onions, artichoke hearts**, and if using, **jalapeño**) over half of the omelette when it is nearly set and sprinkle it with **cheese**.
11. Fold the omelette in half and cook it for 30 seconds longer to let the filling heat up.
12. Slide onto a plate and garnish. Repeat with the remaining **eggs** and fillings.