

**ANOTHER GREAT RECIPE FROM WNEP**

**BUILD YOUR OWN OMELET**



2 eggs, beaten  
1 T. vegetable oil

Any filling of your choice:

- ◆ shredded cheese
- ◆ chopped bell pepper
- ◆ chopped onion
- ◆ diced tomato
- ◆ chopped lean, cooked meat
- ◆ sliced mushrooms
- ◆ sliced black olives
- ◆ salsa

1. In a small mixing bowl, beat the eggs with a fork until the whites and yolks are mixed.
2. Heat the oil in a small frying pan over medium high heat. When the pan is hot, pour in the eggs.
3. Lift up the edges of the eggs with a spatula and tip the pan as needed, to let uncooked egg flow underneath.
4. When the eggs are almost cooked add 3-4 tablespoons of filling.
5. Cook until the eggs are firm. Fold the omelet over to a half moon shape.
6. Slide onto a plate and serve while hot.