



Everyday Omelet

YIELDS: 5 servings

PREP TIME: 30 minutes



Figure 1. Everyday Omelet

Ingredients

- 500 mL (2 cups) mixed vegetables: (tomato, spinach, onion, bell peppers)
- 15 mL (1 tbsp.) canola oil
- 250 mL (1 cup) cheese: mozzarella, cheddar or crumbled feta
- 6 eggs
- Pinch of salt and pepper (optional)
- 2.5 mL (½ tsp) dried oregano
- 2.5 mL (½ tsp) dried basil and/or parsley

EQUIPMENT: Cheese grater | 2 cutting boards | electric skillet | 2 knives | whisk | spatula | flipper | large plate for serving | liquid measuring cup | mixing bowl (large) | 2 mixing bowls (small) | set of dry measuring cups | set of measuring spoons | small plates for sampling | strainer

Directions

1. Thoroughly wash all produce under cool running water.
2. Dice the onion, bell peppers and tomato. Roughly chop the spinach into small pieces.
3. Grate the cheese or crumble feta, if using.
4. Heat oil in electric skillet and sauté the onions and peppers until soft, stirring often (about 3-5 minutes).
5. Remove from skillet and place in a small bowl add the additional vegetables (e.g., spinach and tomatoes to the bowl).
6. Crack eggs into large bowl and add herbs, salt and pepper to taste. Whisk to combine.
7. Add 1 tbsp (15 mL) of canola oil to the same electric skillet and preheat over medium heat.



Add the egg mixture to the skillet. As the egg mixture sets at the edges, gently push the cooked portions from the edges towards the centre with a spatula, allowing the uncooked egg to flow underneath. Cook until bottom of omelet is set and the top surface is thickened and set.

8. Add the vegetable mixture and cheese onto one side of the omelet. Carefully fold the omelet in half.
9. Cover skillet with lid and cook until cheese has melted (about 1 minute).

CHEF'S TIP: Eggs need to be handled in a safe manner to prevent illness. Occasionally, eggs can be contaminated with salmonella.