



BREAKFAST OMELET

"It's hard to beat an omelet for breakfast...This recipe gives you a hearty and absolutely delicious meal that you'll look forward to having every morning!"



PREP TIME
10 MIN



COOK TIME
10 MIN



SERVINGS
1 OMELETTE

Ingredients

- 2–3 eggs per omelette
- 1 tsp butter (or oil)
- Any other toppings:
 - minced garlic
 - chopped onion
 - cooked fish
 - grated cheese
 - chopped spinach
 - diced tomato
 - fresh herbs or seasonings
 - diced mushrooms

Notes:

- *Herbs like cilantro, basil, or parsley make a great garnish!*

Instructions

1. **Beat the eggs:** Use two or three eggs per omelet, depending on how hungry you are. Beat the eggs lightly with a fork.
2. **Melt the butter:** Use an 8-inch nonstick skillet for a 2-egg omelet, a 9-inch skillet for 3 eggs. Melt the butter over medium-low heat, and keep the temperature low and slow when cooking the eggs so the bottom doesn't get too brown or overcooked.
3. **Add the eggs:** Let the eggs sit for a minute, then use a heatproof silicone spatula to gently lift the cooked eggs from the edges of the pan. Tilt the pan to allow the uncooked eggs to flow to the edge of the pan.
4. **Fill the omelet:** Add the filling—but don't overstuff the omelet—when the eggs begin to set. Cook for a few more seconds.
5. **Fold and serve:** Fold the omelet in half. Slide it onto a plate with the help of a silicone spatula.