



Omelet for One

Serves 1

Do omelets seem a bit beyond your cooking comfort zone? While they do take a bit of practice, they taste great no matter your skill level. Try this basic omelet for one recipe then venture out with variations of your own.

Ingredients

- 2 eggs
- Salt and pepper to taste
- 2 tablespoons water
- 1 tablespoon chive, parsley, or another favorite herb (optional)
- Optional add-ins: prepared vegetables, shredded cheese, cooked meat

Directions

1. Crack eggs in a small bowl
2. Add salt, pepper, water, and herbs to bowl and gently stir.
3. Heat skillet over medium-high heat. Spray with cooking spray. (The pan should be hot when you add the cooking spray so that it sizzles.)
4. Add egg mixture to skillet and tilt to evenly coat bottom of the pan with eggs.
5. Using a spatula, gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath.
6. When the eggs are mostly set but the top is still a little runny, add your filling of choice. Fold the omelet with a spatula and carefully slide it onto a plate.

Nutritional Information per serving

Calories 147
Fat 9g
Protein 13.5g
Fiber 0g
Sodium 147mg
Carbohydrate 1.5g

