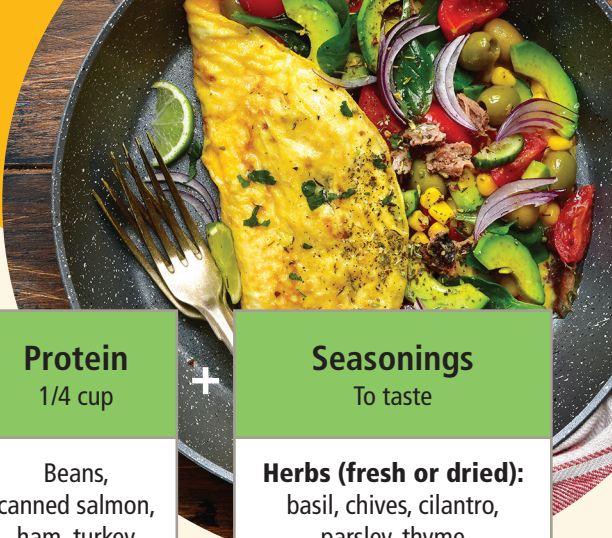


Build-Your-Own Omelets

The amounts listed below are for one adult serving.
Use more if needed, and remember you may need to use a larger pan too.



What you'll need: Mixing bowl, fork, medium skillet, spatula, nonstick cooking spray

Base	+	Vegetables Fresh/Frozen/Canned 1/2 to 3/4 cup	+	Dairy (Optional) 1/8 cup	+	Protein 1/4 cup	+	Seasonings To taste
2 eggs 1 tablespoon of milk (optional) Salt and pepper to taste		Precook: Broccoli, frozen veggies, garlic, mushrooms, onions, peppers Add at the end: Canned veggies, corn, green onions, leftover veggies, peas, spinach, tomatoes ...or use any of your favorite veggies!		Cheddar, feta, provolone, queso fresco, ricotta, swiss		Beans, canned salmon, ham, turkey bacon, turkey sausage		Herbs (fresh or dried): basil, chives, cilantro, parsley, thyme Spices: Black pepper, garlic powder, paprika Toppings: Hot sauce, salsa, tajin ...or your favorite herbs, spices, and toppings!

Did you know?

Cooking with eggs is common in a lot of different cultures.



You may be familiar with frittatas, shakshuka, tortilla española, chilaquiles, and omurice. These are just a few of the versions in which eggs are the main ingredient.

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Directions:

1. Depending on the vegetables you're using, sauté them before adding to the omelet. If you'd eat it raw, you probably don't need to sauté. Set aside.
2. Add milk to the eggs if using. Beat eggs very thoroughly, until the mixture is perfectly smooth (no separation between yolks and white remains). Optional: mix fresh herbs and spices in here.
3. Pour egg mixture into the oiled pan on high to med-high heat. Once the eggs begin to cook, using the fork or spatula to lift the eggs away from the sides of the pan, allowing raw egg mixture to flow into the gap. Repeat this process until no raw egg mixture remains.
4. Depending on how you like your eggs cooked, you can flip the omelet over, as you would a pancake, to fully cook both sides, before adding your fillings. Otherwise, add fillings to one side of the omelet before folding the other half over the fillings.
5. Slide omelet out of the pan onto your plate. Top with any fresh herbs and spices you'd like.
6. Uh-oh... haven't quite mastered the omelet technique? That's ok – just turn your attempt into scrambled eggs by mixing the eggs and veggies all together in the pan!



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Choosy eaters? Set up an omelet bar so everyone can choose their own toppings and flavorings.

Crunched for time? Make your omelet in the microwave. Pour your beaten egg mixture (using the milk is recommended for this technique) into an oiled coffee mug. Microwave for 30 seconds then stir the edges inward. Microwave again for 20 seconds, stir again. Continue to microwave in 10-20 second intervals until just cooked through. Add your favorite toppings and enjoy! This same technique could be used with a microwave-safe glass container to produce a wider, flatter egg that is perfect for a breakfast sandwich.

Looking to save money? Eggs are an inexpensive protein that last quite a while in your fridge. For more cost savings, fill your omelet with any frozen or canned produce you find at a good price. Omelets are also a great way to use up leftover veggies that would otherwise go to waste!

Making this a breakfast-on-the-go?

Wrap a whole-wheat tortilla around your omelet and you've got a portable meal.

Want to meal prep or "cook once eat twice"?

A frittata is basically an extra-large omelet that can be baked in the oven or made on the stovetop. Leftovers can be stored in the fridge or frozen for later use, making this the perfect make-ahead meal. Prep is very similar to making an omelet, but on a larger scale. For full instructions, see our Cooking Matters Frittata recipe!