

Everyday Omelet

Ingredients

YIELDS: 5 servings PREP TIME: 30 minutes

- 2 cups (500 mL) mixed vegetables: (tomato, spinach, onion, bell peppers)
- 1 tbsp. (15 mL) canola oil
- 1 cup (250 mL) cheese: mozzarella, cheddar or feta
- 6 eggs
- Pinch of salt and pepper
- 1/2 tsp (2 mL) each dried oregano, 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.
- 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. Wash hands carefully after handling raw eggs. Whisk to combine.
- 7) Add 1 tbsp. of canola oil to skillet and preheat over medium heat.
- 8) 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.
- 9) Add the vegetable mixture and cheese onto one side of the omelet. Carefully fold the omelet in half.
- 10) 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.

Let's Get Cookin'!

