



Western Omelette

Ingredients

1. 3 large eggs (egg beaters or egg whites can be substituted for lower cholesterol)
2. salt and pepper
3. 1/4 cup diced ham
4. 1/4 diced onion
5. 1/4 cup diced green bell pepper
6. 1/4 cup diced red bell pepper
7. 1/2 cup shredded cheddar cheese
8. 1 tbsp butter

Serves: 1

Instructions

1. In a bowl, beat the eggs with a whisk until well mixed, add pinch of salt and pepper
2. In non-stick skillet, melt butter with medium heat. Add diced ham, peppers and onions, stir with plastic spatula, cook until ham is slightly browned and peppers are tender
3. Add eggs to pan over the diced ham and peppers.
4. Let eggs cook undisturbed for 1-2 minutes or until eggs start to set.
5. Sprinkle cheese evenly on omelette.
6. Carefully fold the omelette in half and cook for another minute or until cheese is melted and eggs are fully cooked.
7. Slide omelette onto a plate and enjoy with salsa!

Prep Time: 20 minutes