

## Veggie & Cheese Omelet

- \* 2 eggs
- \* 2 teaspoons of milk
- \* 1/4 teaspoon milk
- \* dash of pepper
- \* 1 tablespoon chopped tomatoes
- \* 1 tablespoon chopped green peppers
- \* 1/4 cup chopped onion
- \* small handful of broccoli florets, finely chopped
- \* 2 tablespoons shredded cheddar cheese



1. Dice your veggies into small pieces. If the vegetables are too big your omelet might fall apart.
2. Scramble your eggs with a little milk, salt and a dash of pepper.
3. Using 8-10" pan, melt butter and add egg mixture. Eggs should cook about 4-5minutes.
4. When eggs start to thicken on sides and middle is a it firm, add your vegetables and cheese to one side of omelet.
5. Using a spatula, gently lift the edge of your omelet. If the edge lifts easily and you don't see any breakage, continue to lift the edge, folding the omelet in half. If the eggs still seems runny or you start to flip it and a hole appears, let it cook a few more minutes.
6. When your cheese starts to melt, flip your omelet over, hold your spatula on the top, pushing down gently and cook for one more minute.

Transfer to plate and add any left over veggies & cheese on top of your omelet. Enjoy!