

# BUILD YOUR OWN OMELETTE

## HERBS



Basil



Dill



Oregano



Cilantro



Parsley



Thyme

## PROTEIN



Ham



Chicken



Tofu



Sausage



Fish



Steak

## VEGETABLES



Onion  
*(green, red, white or yellow)*



Bell Peppers



Tomatoes



Zucchini



Mushrooms



Spinach

## CHEESE



Cheddar



Mozzarella



Swiss



Havarti



Feta



Goat Cheese

# BUILD YOUR OWN OMELETTE

Omelettes can be made using a wide variety of ingredients. Choose as many ingredients from each of the food categories as you like.

## INGREDIENTS:

- 4 eggs
- 2 tbsp fresh or 2 tsp dried herb of choice
- Salt and pepper to taste
- Butter for the pan
- ¼ cup vegetable of choice
- ¼ cup protein of choice
- ¼ cup cheese of choice



## INSTRUCTIONS:

Crack the eggs into a bowl. Add the herbs, salt and pepper and beat with a fork.

Melt a small piece of butter in a big saucepan on medium-high heat. Once the butter is sizzling, add the protein and stir until fully cooked. Add the vegetables and sauté for about 2 minutes, until they soften.

Add the eggs to the hot pan and swirl them around to coat the surface evenly. If the center of the omelette cooks more quickly than the edge, use the spatula to pull any raw egg into the middle.

After about 30 seconds, add the cheese on top. Once none of the egg remains translucent, fold the omelette in half with your spatula, then lift it out of the pan. You don't want any brown on your eggs.

If you are serving two people, you can cut one large omelette in half rather than making two omelettes.