



“Faux” Omelets



For each serving:

1 egg

2 T grated cheese (use what you like, I choose Cheddar Jack)

any other fillings you like: ham, bacon, sausage, red peppers, green peppers, onions, olives, mushrooms, tomatoes, etc.

salt and pepper to taste

Butter mini pan* and heat over medium/low heat. Meanwhile, mix egg, cheese, fillings and salt and pepper in small bowl. Pour into pan and cook 3-5 minutes. Flip over. Cook another 3-5 minutes.

*Mini Fry Pan is a 4.5" pan that is intended to fry one egg and can be found online or at your local Wal-Mart, K-Mart, etc.