

7 Steps to Creating an Omelet

Use your creativity and the foods in your pantry, refrigerator or freezer to make a delicious omelet following these easy steps. Each omelet serves one adult.

Eggs are a nutritional bargain. They are an excellent source of protein, vitamins and minerals, plus eggs are inexpensive. Eggs will last three to five weeks beyond the sell-by date listed on the carton as long as they are stored in a refrigerator set at 40 F or lower.



1. Crack two eggs in a small bowl.

- Mix well with a wire whisk or fork.

2. Add water (or milk) and mix. Season with salt, pepper and herbs (if desired).

- Water or milk: 1 Tbsp.
- Herbs: 1 Tbsp. chopped fresh chives or parsley.
Or sprinkle with dried parsley or other dried herbs.

3. Heat a nonstick skillet over high or medium-high heat.

- Add about 2 tsp. of butter or margarine and allow to melt, rotating the pan to coat the bottom with melted butter.
- Alternate directions: To reduce fat, omit the butter and spray the bottom of the pan with nonstick cooking spray.

4. Add egg mixture and tilt pan to coat bottom of pan evenly with egg mixture.

5. Pull the cooked egg from the edge of the pan with a spatula and let the uncooked egg mixture flow under the cooked portion.

6. When the eggs are mostly set, add fillings of choice on top of half of the cooked egg mixture. Continue to heat until the cheese begins to melt.

- 2 to 3 Tbsp. grated cheese such as cheddar, mozzarella, Pepper Jack, Swiss or American

- 3 to 4 Tbsp. lean protein such as canned black beans (drained and rinsed), diced ham, cooked chicken, crisp bacon
- 3 to 4 Tbsp. vegetables, such as chopped onion, mushrooms, green pepper, tomatoes, salsa, spinach, green chili peppers

7. Fold omelet in half and slide onto plate.

A few ideas:

“Vegetarian:” Pepper Jack cheese, green peppers, onions, tomatoes and mushrooms

“Southwest:” black beans, cheddar cheese, green onions and salsa “Italian:” Mozzarella cheese, spinach, chopped tomatoes and basil

Menu idea:

Omelet, whole-grain toast, fresh or canned peaches, low-fat or fat-free milk

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Source: Adapted with permission from Utah State University.

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food safety and health, visit this website:

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