



2 Egg Omelet

Ingredients:

1 small non-stick fry pan
2 eggs
3 Tbsp milk
Salt & black pepper

Toppings:

ham, diced or cubed
shredded cheese, your choice

green peppers, diced
onions, diced
mushrooms, chopped

If you use fresh vegetables, sauté them in butter until soft

Browned breakfast sausage pieces

Instructions:

Whisk eggs and milk in a small bowl. Preheat a skillet on low, add 1 tablespoon of butter. When melted, pour in eggs. Cook on low, tilt, and gently push edges to let the runny parts flow into the pan.



Recommendation: Place a lid on the skillet and maintain a very low temperature to allow for gentle, slow cooking. This technique ensures the eggs cook evenly without browning on the bottom. Achieving a non-browned finish is recommended, as browning can negatively affect the flavor.

Once the runny parts of the eggs are cooked, add your toppings. Slide the omelet onto a plate, letting the second half fold over into a half-moon shape. Serve topped with shredded cheese and condiments like ketchup, salsa, or your favorite sauce.