

2 Egg Omelet

1 SMALL NON-STICK FRY PAN

2 EGGS

3 TBSP. MILK

TOPPINGS:

HAM PIECES (SMALL)

SHREDDED CHEESE (OWN CHOICE)

GREEN PEPPERS (SLICED THIN)

ONIONS (SLICED THIN)

MUSHROOMS (SLICED THIN)

IF USING FRESH VEGETABLES BEST IF YOU

SAUTE THEM IN BUTTER UNTIL SOFT

BROWNEED BREAKFAST SAUSAGE PIECES

In a small bowl beat eggs and milk well. Preheat skillet on a low temperature. Add 1 tbsp. of butter. Once butter melts pour eggs into frying pan.

Cook on a low temperature, and tilt pan and push back edges of egg so runny part flows into skillet.

Tammy's Tip: Put a lid on skillet making sure temperature is very low for a slow cook. This will keep eggs from browning on bottom while giving egg time to cook evenly.

Once runny parts of egg are done add toppings. Slide omelet right out of skillet and onto plate letting **SECOND HALF FOLD OVER** top creating a half moon shape. Serve with shredded cheese on top and if desired with ketchup, salsa, or your favorite condiment.