

Eat Smart • Move More

Quick and Yummy Omelets

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 1 teaspoon canola oil, divided
- ½ cup filling, such as shredded cheese, onions, spinach, or other vegetables, chopped
- 2 eggs
- 2 tablespoons 1% milk
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon salt

Nutrition Facts

2 servings per container	
Serving size	1 serving (91.77g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 1mcg	6%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 138mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

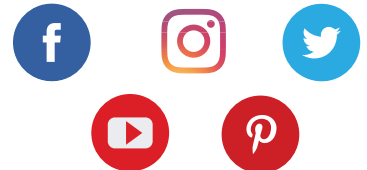
Directions

- Heat ½ teaspoon canola oil in a skillet over medium heat. Cook vegetables until tender. Remove from pan and set aside.
- Whisk eggs, milk, pepper, and salt in a bowl until blended.
- Heat remaining canola oil in skillet over medium-high heat. Pour in egg mixture. Gently push cooked portions from the edges toward the center with the spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan, and gently moving cooked portions as needed.
- When the top surface of eggs has thickened and no visible liquid remains, place filling on half of the omelet. Fold omelet in half with spatula, covering the filling, and slide onto a plate.

Quick Tips

- ▶ Use your favorite vegetables and other fillings to create your own omelet variation.
- ▶ Add a slice of whole-wheat toast on the side.
- ▶ Omelets are great for a quick dinner on busy nights.

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(Recipe adapted from: <https://www.ag.ndsu.edu>.)

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