How to make a healthy breakfast omelet

By Brittany Palacios, AIS Fall 2014

Things you’ll need:

• 1/4 teaspoon of kosher salt
• 1/4 teaspoon of black pepper
• 2 large eggs
• 1/2 teaspoon of butter
• Whisk
• Non stick skillet
• Rubber spatula
• Small bowl
**Process**

- Step 1- combine dash of salt, dash of pepper, and two eggs in a small bowl. Stir with the whisk.
- Step 2- Heat skillet on medium and melt ½ teaspoon of butter on pan.
- Step 3- add egg mixture to pan and cook for about 1 minute. Stirring mixture with spatula constantly.
- Step 4- Run spatula around edges and under omelet to loosen from pan.
- Step 5- Push one end of omelet up onto front lip of pan. Roll other end of omelet to close and put on plate.
- Step 6- Fill with seasonal vegetables, meats, or a variety of cheeses.
Outcome