

SIMPLE CHEESE OMELETTE



Prep:
5 min



Cook:
5 min



Serves:
1

INGREDIENTS :

- 2 large eggs
- 1 tablespoon milk or water (optional)
- ¼ cup shredded cheese
- 1 teaspoon butter or oil
- Salt & pepper

OPTIONAL Add-Ins:

- Diced bell peppers
- Chopped spinach
- Diced onions
- Tomatoes
- Cooked ham or sausage
- Mushrooms

PREPARATION

Prepare the Eggs:

Crack 2 eggs into a small bowl. Add milk or water, salt, and pepper.

Whisk with a fork until well combined.

Heat the Pan:

Place a nonstick skillet over medium-low heat. Add butter or oil and let it melt.

Cook the Eggs:

Pour the egg mixture into the skillet. Cook for about 1 minute.

Lift the edges with a spatula, allowing uncooked egg to flow underneath.

Continue cooking until the eggs are mostly set or to at least 145 degrees.

Add Your Fillings

Sprinkle cheese over one half of the omelette. Add any optional fillings.

Fold & Serve:

Carefully fold the empty half over the fillings. Cook for another 1–2 minutes, until the cheese melts and the eggs are fully cooked.

Slide onto a plate and enjoy!

