

Omelet

Notes

Like a garden salad, there is no one way to make an omelet. You can make it many ways. But for the sake of an example, I will set down this recipe.

Ingredients

3 eggs

1 small onion

4 – 6 mushrooms

¼ cup grated cheese

2 tablespoons milk or cream

Butter or margarine

Process

Dice the onion and sauté it in butter over medium high heat in a medium frypan. While the onion is cooking, dice the mushrooms. Add the mushrooms to the onions. Crack open the eggs into a small mixing bowl. Add the milk or cream and mix well with a whisk. When the onions and mushrooms are brown, remove them from the pan and place them on a plate. Put the egg mixture into the pan.



When the egg mixture is less liquid, push in around the edges to allow the still uncooked portion to seep outward. Then put back the onions and mushrooms on one half of the omelet and put the cheese on top. Using a spatula, carefully flip the half with no toppings over onto the half with the toppings. Turn off the heat and let your omelet sit for a minute or two to allow the egg mixture to cook the rest of the way and for your cheese to melt.

Serve with toast and orange juice.