



## Farm Fresh Omelet

*An omelet is a handy thing to know how to make. You can eat it for breakfast, lunch or dinner. You can also fill it with bits of ingredients you have in your fridge.*

Yield: One big serving or two smaller portions

Preparation Time: 10 minutes

Cooking Time: 5 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> <li>● 3 eggs</li> <li>● pinch salt (about ¼ tsp or 1mL)</li> <li>● pinch pepper</li> <li>● 3 Tbsp (45mL) grated cheese (cheddar, Swiss, or any type of cheese)</li> <li>● 1 Tbsp (15mL) fresh herbs, chopped (parsley, basil, chives, or other herbs)</li> <li>● 1 green onion, sliced into 1 cm slices</li> <li>● 3 Swiss chard leaves, ripped into bite-sized pieces</li> <li>● 1 small tomato, chopped</li> <li>● 2 Tbsp (30mL) butter or oil, divided</li> </ul>	<ul style="list-style-type: none"> <li>● Small frying pan (non-stick pan is helpful)</li> <li>● fork</li> <li>● Spatula</li> <li>● Cutting board</li> <li>● Small knife</li> <li>● Plate</li> <li>● Grater</li> <li>● Medium-sized bowl</li> </ul>

### Method:

1. Break the **eggs** into a medium-sized bowl. Season with **salt and pepper**. Beat the **eggs** with a fork until they are one colour.
2. Grate the **cheese**. Chop the fresh **herbs**. Slice the **green onion**. Tear up the **Swiss chard**. Chop a small **tomato** into bite-sized pieces.
3. *The entire omelet cooking process takes about 5 minutes so be ready to cook once the eggs go in!* Place all the prepared ingredients beside the stove-top.
4. Melt a knob of **butter** (or oil) in pan. Add the green onion and cook until slightly soft.
5. Add the Swiss chard leaves. When they are wilted, add the tomato. Cook until soft (about a minute).
6. Tip the fry-pan and scoop the veggies onto a plate.
7. Place the frying pan back on the stove-top. Turn the heat to medium-high. Melt the butter (or add the oil). When the butter is melted and bubbles, pour in the eggs.

8. Using a heat resistant spatula, quickly move the eggs around the pan in small circles, as if trying to clear the pan. As the egg starts to cook, spread the eggs over the pan so there are no holes. As soon as the egg stops running but is still wet, turn off the heat.
9. Sprinkle the cheese, veggie mixture and herbs over ½ of the omelet (the half farthest away from the fry-pan handle).
10. Lift the handle of the fry pan slightly. Using the spatula, carefully turn the plain side of the omelet over the cheesy side to form a half circle. Let sit on the hot stove for a few seconds to finish cooking the eggs (but don't over cook). Slide the omelet onto a plate.
11. Enjoy right away.

Tasty Tip:

- It will take a few tries to get the hang of omelet making so don't give up. If the omelet doesn't turn out, you've got scramble eggs and they taste good too.
- You can add all sorts of fillings to an omelet. Try chopped ham, leftover veggies from dinner, pesto or different types of cheese.