



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Basic Omelet\*

- 2 eggs
- 2 tablespoons water
- 1 teaspoon soft-tub margarine or canola oil
- 1/8 teaspoon salt (optional)
- pepper to taste (optional)

1. In small bowl, beat eggs and water with seasonings.
2. In skillet, heat margarine or oil until just hot enough to sizzle a drop of water.
3. Pour in eggs; mixture should begin to set around edges.
4. Carefully push edges toward center with pancake turner so uncooked portion can reach hot pan surface.
5. When top is thickened and no liquid egg remains, fold omelet in half. Slide from pan onto plate.

### Variations:

1. **Cheese Omelet:** Prepare as directed above; omit salt; add 1/4 cup shredded cheddar, Swiss, Monterey Jack, or American Cheese in center of omelet. Fold sides over and top with more cheese if desired.
2. **Ham and Cheese Omelet:** Prepare cheese omelet as directed above. Add 1/4 cup chopped, cooked ham with cheese. Fold sides over.
3. **Mushroom Omelet:** Prepare as directed. Cook 1/3 cup sliced fresh mushrooms in a little butter or margarine until tender. Spoon into center of omelet. Fold sides over.
4. **Vegetable Omelet:** Prepare as directed. Cook 1/3 cup vegetables and 1/8 cup basil in a little butter or margarine until tender. Spoon into center of omelet. Sprinkle grated Parmesan, shredded cheddar, or crumbled feta cheese on vegetables before folding omelet.

Nutrition Facts	
Serving Size: 1 omelet (123g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>21%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 370mg	<b>124%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> less than 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars less than 1g	
<b>Protein</b> 11g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

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