

Easy to Make Omelets

An omelet or omelette is a breakfast food that consists of an egg based wrapper around a filling of your favorite foods. Omelets are very easy to make and require little time to create. Always be sure that your fillings are pre-cooked or able to be finished in the time available. Basic ingredients needed for one omelet: 2 eggs

Oil, non-stick spray, butter or margarine

Salt and/or pepper (optional to taste)

Filling Suggested fillings for an omelet: Ham, cheese, green peppers and onions

Chopped chicken, Swiss cheese and pre-cooked bacon

Pre-cooked bacon and sausage

Broccoli or most other seasonal vegetables

Chopped tomatoes, optionally with the gooey seedy parts removed

Pan fried garlic, mushrooms, and fennel

Zucchini and leeks

Cheese; cheddar, pecorino Romano, blue cheese, Swiss.

Spinach, cheese and pinenuts.

Sauteed spinach

Pancetta, wood fired or lightly roasted baby potatoes & fresh herbs

New potatoes, mushrooms and cheese

Sausage, mushrooms and blue cheese

Smoked salmon, crispy potatoes and herbs with sour cream

Smoked salmon, brie and fresh herbs

Prawns and brie with fennel confit

Pancetta, bocconcini and basil These suggested fillings are only to give you ideas. Basically, you may use any fillings that you like. Egg omelets can be different every time you make them! Chop up the filling and add them to a pan with Oil, non-stick spray, butter or margarine. Stir occasionally and allow to cook until done. If you are using meats, such as chicken, pork, beef or fish pre-cook the meat before adding to the filling. Note that if you will be using a cheese product you do not add it to the filling at this time. Mix or whisk the eggs in a bowl until they are evenly colored. Add salt and pepper to taste. You may add water or milk to the eggs to thin them out if desired. If you are limiting cholesterol in your diet you may separate the eggs and use only the whites. If you choose to do this use 3 to 4 eggs instead of two. Pour the egg mixture into a cool skillet or frying pan. Rotate the pan until the eggs cover the entire surface of the pan. Turn the heat setting to about the middle - not too hot. Stir constantly until the egg mixture becomes solid. If you do not stir the eggs enough you may have some difficulty in getting the upper portion of the eggs to solidify. If this happens you can lift the edges of the eggs and tilt the pan slightly to allow the still liquid egg mixture to flow under the solidified part. Loosen the egg at the edges until you can slide a spatula under the eggs. You will need to flip the eggs carefully to avoid breaking them up. Once you have flipped the eggs it is time to place the hot filling on top of the mixture. Cover 1/2 of the egg mixture with your chosen fillings. If you decided to use cheese now is the time to add it. Slip the spatula under the half that doesn't have the filling and flip it over to enclose the filling. After folding your omelet, you may want to top it with grated cheddar cheese, hollandaise sauce or other topping. You may also garnish the omelet with cream cheese or sour cream.

About the Author

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