

Easy Cheesy Omelet



Serves 1

Ingredients:

- 1 tablespoon butter
- 2 eggs, beaten
- 1 tablespoon water
- $\frac{1}{4}$ to $\frac{1}{3}$ cup shredded cheese
- Cooked ham, sausage, bacon, or vegetables (optional)

Instructions:

1. If using a skillet that is not non-stick, then coat with cooking spray.
2. Beat eggs and water together in a bowl. Set aside.
3. Melt the butter over high heat in a 7- to 10-inch skillet. When butter begins to sizzle, swirl it around the bottom of the skillet to coat evenly. Pour in egg mixture, which will immediately begin to set. Using a spatula, lift the edges of the omelet to allow uncooked eggs to run underneath.
4. When the eggs are mostly cooked, sprinkle cheese and other fillings on half of the omelet. Fold omelet in the skillet and allow to cook for a minute or so longer before transferring to serving plate.

Nutrition per omelet (with cheese only): Calories 581; Total Fat 48.3 g; Saturated Fat 23.9 g; Monounsaturated Fat 14.9 g; Polyunsaturated Fat: 3.9 g; Total Carbohydrates 2.2 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 1.5 g; Protein 33.1 g; Sodium 918 mg