How To Make an Omelet

Gather the ingredients for your omelet. **Green eggs and ham omelet** has spinach and sliced ham.

Mix egg in a small bowl.

Add egg to a pan over medium heat.

Move pan and stir egg with a wooden spoon or heat resistant spatula.

While egg is cooking through, add toppings to the pan.

Use spoon or spatula to fold omelet over.

Slide finished egg onto a plate and enjoy!

Be an omelet artist!

Add your favorite meats, veggies and cheeses to make your own unique omelet!

Find more cooking tips online at: www.pittsburghfoodbank.org/resources
Green Eggs & Ham Omelet

Quick and delicious breakfast or dinner!

Makes 1 serving

1/4 cup shredded cheese
1/8 tsp salt
2 slices ham
1/4 cup spinach
1 egg

Salsa for topping, optional

Nutrition Facts

• 1/4 cup shredded cheese
• Pepper to taste
• 1 tsp oil
• 1 egg

1. Add oil to medium frying pan over medium heat.

2. Whisk egg mixture in a bowl.

3. Add egg mixture to pan. Cook for 30 seconds. While egg is cooking through, add toppings to pan.

4. Once cheese has melted, fold omelet in half. Add more heat.

5. Gently tip omelet on a plate.

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