

BASIC OMELETTE

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe glass pie dish with cover.

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1 tbsp butter or margarine 15 ml

2 eggs 2

2 tbsp milk 25 ml

1/8 tsp salt 0.5 ml

dash pepper

Procedure:

1. Heat butter in a 9" (23 cm) pie plate, at **P7** 30 seconds, or until melted, turn plate to coat bottom with butter.
2. Meanwhile, beat remaining ingredients together; pour into pie plate.
3. Cook, covered loosely, but completely with plastic wrap or a lid, at **P4** 2¹/₄ - 3¹/₄ minutes, or until omelet is almost set;
4. Stir after 1 minute. Let stand, covered, 2¹/₂ minutes.
5. With a spatula, loosen edges of omelet from plate; fold into thirds to serve.

Chef's tips for Variations:

Cheese omelet: before folding, sprinkle 1/4 cup (50 ml) of shredded cheese down center of Omelet

Ham omelet: before folding, sprinkle 1/4 cup (50 ml) of finely chopped cooked ham down center of omelet.

Herb omelet: blend in 1/8 tsp (0.5 ml) of basil, thyme or crushed rosemary with eggs and milk.

Omelet "Oscar": before folding, spoon 1/4 cup (50 ml) of Crab and white (Béchéme) sauce and steamed Asparagus down center of omelet.

Egg Whites can be substituted in part or wholly for a protein rich/low fat alternative.