

Omelet

Ingredients

- * 2 eggs
- * ½ cup shredded cheese
- * ¼ cup diced mushrooms
- * Diced Ham
- * ¼ cup diced red peppers
- * ¼ cup diced onions

Optional ingredients

- * spinach, asparagus, bacon, and or salsa.

Directions

1. Take 2 eggs and crack them into a bowl. Mix well.
2. Pick your toppings and mix with the egg mixture.
3. Heat stove top to medium. Spray skillet with Pam cooking spray. Pour mixture into skillet and cook for 3 minutes. Flip the mixture over with a spatula and cook for another 2–3 minutes.
4. Fold half the omelet over and place on plate and optional garnish with the salsa. Enjoy.