



BREAKFAST

Healthy Eating with the Y



INGREDIENTS

- 3 large eggs
- 1½ teaspoons unsalted butter
- 1 teaspoon fresh chives, chopped
- Kosher salt and pepper to taste

TOOLS YOU'LL NEED

- Mixing Bowl
- Fork
- Non-Stick Skillet
- Rubber Spatula
- Measuring Spoon



BASIC OMELET

MAKES 1 SERVINGS

- 🕒 Prep time: 5 min
- ✅ Low Carb
- ✅ Lactose Free
- 🕒 Cook time: 10 min
- ✅ Sugar Conscious
- ✅ Vegetarian
- ✅ Keto Friendly
- ✅ Gluten Free

DIRECTIONS

1. Crack eggs into a mixing bowl.
2. Using a fork, beat the eggs until thoroughly mixed.
3. Heat butter in an 8-inch, nonstick skillet making sure it coats the bottom of the pan.
4. Once the butter is hot and the foaming has subsided, pour the eggs into the center of the pan. Tilt the pan to spread the eggs evenly.
5. Let eggs firm up slightly, and after about ten seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.
6. Continue to cook for another minute or so until the egg mixture holds together. While the middle is still a little runny, add filling of your choice to half of the eggs.
7. Tilt the pan to the side that is not filled, slide your spatula underneath and fold the omelet in half.
8. Gently shake the pan and slide onto a plate.
9. Garnish with chives and serve immediately.

***Chef's Note:** If you are using a filling that needs to be cooked (such as mushrooms, onions, peppers, etc.), quickly sauté them in a small frying pan. If you're adding cheese, a helpful tip is grated cheeses will melt better in your omelet than slices.

Additional filling ideas: Fresh herbs such as parsley, basil, rosemary, dill, tarragon, cilantro, or chives
Smoked salmon and scallions
Yukon Gold potatoes and roasted peppers
Mushrooms
Asparagus
Broccoli

Nutritional Information (per serving)

Calories: 267
Total Fat: 20g
Saturated Fat: 8g
Total Carbs: 1g
Fiber: 0g
Sugar: 0g
Protein: 19g
Cholesterol: 573mg
Sodium: 369mg

*Nutritional information does not take into account any additional fillings you might add.