

Savoury Omelette

Per person:

2 eggs

2 Tbsp water

seasonings to taste

Filling suggestions:

- Creamed corn
- Tinned salmon or tuna
- Ham
- Leftover vegetables
- Mushrooms
- Peppers
- Tomato
- Lean bacon / chicken bacon
- Spring onion / onion
- Smoked salmon
- Grated edam cheese

Lightly whisk eggs and water together in a bowl, season to taste. Heat omelette pan, spray with oil spray and pour in egg mixture. When partially set, add selected toppings to half of the surface. Turn heat down and cook until toppings are hot and egg is set. If using cheese, place under a hot grill to ensure it is melted. Fold half without the filling onto the half with the filling; serve.

Health Habits:

- Basing a meal around eggs - an excellent source of high quality protein
- Using vegetables as fillings – adds fibre, vitamins, minerals and antioxidants
- Using Edam cheese – lower in fat than traditional tasty cheese