

Ham and Cheese Omelette

Ingredients:

1 slice of ham
1/2 green onion
1/6 red or green pepper
2 eggs
50 ml milk
salt and pepper
5 ml margarine
50 ml cheddar cheese

Equipment:

cutting board
paring knife
small mixing bowl
measuring equipment
fork
non-stick frying pan
plastic egg flipper

Method:

1. Prepare for the lab: recipe out, apron on, hair tied, hands washed.
2. Wash and chop green onion, red or green pepper and ham.
3. Beat eggs in a mixing bowl. Beat in milk and a dash of salt and pepper.
4. Heat non-stick frying pan on medium heat and melt margarine.
5. Pour egg mixture into frying pan. As the omelette begins to set, lift up edges with egg flipper and tilt pan slightly so uncooked egg can flow under the cooked portion.
6. When eggs are set but the top is still moist, place the ham, cheese and vegetables on one half of the omelette. Carefully lift the opposite half and fold over. Let cook like this for one or two more minutes.
7. Slide onto a plate and cut into portions.

