Carmen Coldiron Name

Senior Age Division

Protein Category

Houston County Name

Beyond Breakfast Omelet

¼ cup- red bell pepper, roughly chopped
¼ cup- stemmed spinach, chopped
¼ cup- baby bella mushrooms, sliced
¼ cup- onion, diced
¼ cup- extra sharp cheddar, grated
1/3 cup- uncured ham, diced
3- eggs, whole
Dash- salt
Dash- pepper
Dash- 2% milk
1/8 tsp- chili powder
1 clove- garlic, minced
Garnish as preferred
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Preparation:
1. Dice pepper, spinach, mushrooms, and onion
2. Sautee vegetables, leaving 1 tsp of red bell pepper for garnish
3. Preheat oven to high broil
4. Wisk eggs, milk, remaining bell pepper, chili powder, salt and pepper
5. Preheat skillet with olive oil and pour egg mixture in
6. Transfer skillet to oven for 2 minutes when the bottom of the egg is almost cooked
7. Remove skillet when eggs are turning gold at the edges
8. Mix ham with vegetables and place on half of the eggs
9. Sprinkle cheese on top of filling and fold the rest of the egg over
10. Top with desired garnish: Salsa, extra veggies,red pepper sauce, jalapenos, etc.