

OMLETTE – Vegetarian Omelette Supreme

Note – this recipe may change due to your liking, ingredients, and number of omelettes to make.

Note – this recipe is based upon making two omelettes.

Note – best to cook when you have the time (Saturday).

Read all instructions before starting this recipe. You may buy some items at the store, just as: eggs, asparagus, onions, mushrooms, avocados, tomatoes, cheese, sour cream, salsa, cutting board, sauté pan + lid, and omelette pan.

Ingredients:

- Eggs (2 per omelette)
- Asparagus (3 per omelette)
- Onions (1/2 a medium onion, chopped)
- Mushrooms (3 button mushrooms and 2 table spoons per omelette)
- Avocado (sliced)
- Tomatoes (1 handful per omelette)
- 4 Cheese s – Crated (1 handful per omelette)
- Sides (sour cream and salsa)

Note – Wash all ingredients before using.

Start by cutting the following on a cutting board: onions and mushrooms.

Sauté the onions, mushrooms, and asparagus. Use an approximately a 12 inch pan + lid and cook on medium on the stove. Spray pan with PAM and melt $\frac{3}{4}$ stick of butter. Place onion (chopped), mushrooms (button and chopped), and asparagus in pan. Cover the pan and let sauté for 20 minutes. Turn-off burner when cooked.

While the sauté is cooking I make ready the other ingredients. Avocado (sliced) and tomatoes (chopped). After the sauté is finished, I start cooking the omelettes.

Use omelette pan (approximately 8-10 inch pan) to cook the omelette. Spray the pan with PAM and melt 1 pat of butter at medium before cooking the omelette.

Put two eggs in a cup and mix the eggs using a fork. Pour the eggs into the omelette pan. Put a pinch of salt and pepper on the eggs. Put on $\frac{1}{2}$ side of the omelette the following ingredients: tomatoes (1 handful), onions (sautéed and 2 table spoons), mushrooms (sautéed and 2 table spoons), 4 cheese (1 handful of crated cheese). Cook omelette until lightly brown on both sides.

Place finished omelette on plate. Cover omelette with sliced avocado, asparagus (sautéed and 3 per omelette), and button mushrooms (sautéed and 3 per omelette). Put a pinch of salt and pepper on the omelette.

Serve omelette with sour cream and salsa on the side.

Mike