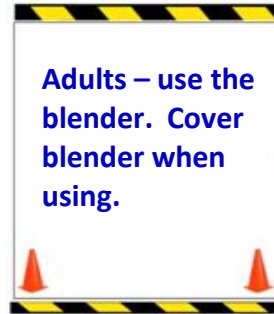


OMELETS: AMERICAN STYLE



Officer Andy's Safety Corner



- 2 large eggs
- 1 tablespoons water
- 1/8 teaspoon salt
- Pinch ground pepper
- 1 tablespoon unsalted butter, melted

Ingredients

Fillings can be mushrooms, spinach, tomatoes, asparagus, ham, sausage, 1 tablespoon cheese like swiss, monterey jack, or cheddar, left over risotto, crab, shrimp or scallops or even hash-browned potatoes.

Directions

1. Using a blender, place the eggs, water, salt and pepper in the blender and mix until very frothy, about 1 minute. Or place the listed ingredients into a bowl and whisked for about 1 minute.
2. Heat a saute pan over medium heat and, when hot (about 1 minute), add the butter to the pan, swirling to coat.
3. Pour the egg mixture into the pan. Using a heat resistant rubber spatula (usually these have a red handle), stir continuously and scrape down sides so as to evenly cook the mixture. Once the mixture resembles wet scrambled eggs, after about 30 seconds, use the rubber spatula to smooth the eggs so that they are an even depth throughout. Cook until almost set, about 10 seconds longer, and use the rubber spatula to fold the omelet in 1/2. Carefully slide the omelet out of the pan onto the plate.

Add choice of garnishes just before folding the omelet in 1/2 or top omelet if so desired.

Serve immediately.

Canola oil or olive oil or other low saturated fat oil may be substituted instead of the butter. End result will be slightly different, but still delicious.

Preparation & Cooking time: 8 minutes