



# Recipes for Success



## Omelette to Go

Not enough time to make an omelette in the morning? Make a week's worth of omelettes in the evening and freeze them for a quick and nutritious breakfast!

**Makes:** 1 serving

### Equipment:

Non-stick round pan (6-10" in diameter)  
Rubber Spatula  
Waxed paper  
Microwave (optional)

### Ingredients:

1 egg  
1 teaspoon of milk  
1 teaspoon cooking oil or cooking spray



### Directions:

1. Heat pan over medium heat. Add 1 teaspoon of oil or spray pan with cooking spray.
2. Crack egg into a mixing bowl, add milk and beat vigorously.
3. When pan is hot enough to make a drop of water hiss, pour in the egg. Spread the egg around to cover the bottom of the pan.
4. Cook eggs for 1 minute or until bottoms begins to set.
5. Use rubber spatula to gently lift egg from pan. Flip over and cook other side for 1 more minute.
6. Egg is ready when it looks like the color of a cooked pancake.
7. Remove egg from heat and add your \*favourite ingredients by spooning them across the centre of the egg.
8. Lift one edge of the egg and roll over the filling.
9. Place in wax paper and then into freezer bag. Repeat directions to make more omelettes. Place all omelettes in wax paper and freeze all in freezer bag.

\*There are so many different fillings you can have in your omelette, try:

- grated cheese
- tomatoes
- onions
- red or green peppers
- cubed ham
- broccoli
- cauliflower
- corn

### Unthawing your omelette:

When you are ready to eat your omelette remove from freezer bag, place on a microwave safe dish and microwave for 2 minutes or until heated through. You can eat your omelette on a plate or wrap it in a napkin and go!

### *Suggested Tasks for Children:*

- Find ingredients
- Put toppings into separate bowls
- Push buttons on the microwave
- Help clean up



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