



OMELET WITH CHEESE

Serves 1



With a spatula, flip the omelet in half. The cheese will take about 20 seconds to melt.

Slide the omelet onto your plate.

Garnish with chives and black pepper.

- * 2 eggs
- * 1 pinch of salt
- * 2 tablespoons of water
- * 1 teaspoon of oil
- * 1/3 cup of cheese - shredded
- * 1 tablespoon of chives - minced

Blend together eggs, water and salt. Add oil to a 6 inch sloped sided non-stick fry pan.

Heat oil, on medium for one minute; add egg mixture and cook.

As the eggs begin to set, with a spatula, lift the edges and let the raw mixture run to the bottom of the pan.

When the top is no longer runny, but still moist, sprinkle the cheese on 1/2 of the omelet