

# Omelet

2 Eggs

1/4 cup milk

1/4 cup Chopped Veggies such as:

onion, bell pepper, celery

Light Oil

Grated cheese (optional)

salt and pepper to taste

Pour 1 tablespoon of oil in skillet and start heating on medium high. In small bowl combine eggs, milk, salt and pepper. Pour in heated oil and cook until you can lift the edge with a spatula. Scatter vegetables over half of egg mixture in pan and cheese if desired. Carefully fold egg over vegetables, making a half circle shape. Let cook another two minutes and turn over. Cook a minute longer until egg is cooked through.

Variation: Add chopped ham or cooked, crumbled bacon with vegetables or instead of vegetables.