

Summer Garden Omelet



PREPARATION TIME
10 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
orange slices



Keep a rich butter flavor for less money. Use half butter and half vegetable oil when a recipe calls for sautéing in butter. An added bonus is that oil allows you to cook at higher temperatures.

SHOPPING LIST

- bell pepper • zucchini
- American cheese

ON HAND

- butter • onion • eggs
- milk • salt

Summer Garden Omelet

INGREDIENTS

- 2 tablespoons butter
- 1/3 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/2 cup chopped zucchini
- 4 eggs
- 1/4 cup milk
- 1 teaspoon salt
- 2 slices American cheese, cut into 1/2-inch strips

SERVES 4

COOK'N
Express

- It is easy and quick to give your eggs a light, fluffy texture. Simply add 1/4 teaspoon of cornstarch per egg during step 2.

Make Ahead

You can sauté the vegetables in step 1 up to 8 hours ahead. Refrigerate, covered, until ready to use.

♦ VARIATION

For color and variety, add 2 tablespoons chopped red bell pepper during step 1.

1 Melt butter in a medium skillet over medium-high heat; add onion, bell pepper and zucchini. Cook until vegetables are tender, about 5 minutes.



2 Mix eggs, milk and salt in a small bowl. Beat with a fork until combined. Pour over vegetables. Reduce heat to medium-low. Cook, without stirring, until edges are set, about 2 minutes.

3 Cover skillet. Cook omelet until center is nearly set, about 3 minutes. Arrange cheese strips on top of eggs. Replace cover. Cook until cheese begins to melt, about 1 minute.



4 Slide omelet onto a serving plate; fold in half. Slice into 4 wedges.