

Classic Cheese Omelet

Servings: 4

Prep Time: 10min

Cook Time: 8min

Ingredients

- 8 large eggs
- 1/2 c. water
- 1/2 tsp. salt
- 1/2 tsp. coarsely ground black pepper
- 2 tbsp. margarine or butter
- 113g shredded Cheddar, Gruyère, or Fontina cheese
- chopped green onions
- Toasted country-style bread (optional)



Directions

1. Preheat oven to 90 degrees C. Place 4 dinner plates in oven to warm. In medium bowl, place eggs, water, salt, and black pepper. With fork, beat 25 to 30 quick strokes to blend mixture without making it fluffy. (Overbeating toughens the proteins in the whites.)
2. In 20cm nonstick skillet, melt 1 1/2 teaspoons margarine on medium. When margarine stops sizzling, pour or ladle 1/2 cup egg mixture into skillet
3. After egg mixture begins to set around edges, about 25 to 30 seconds, with heat-safe spatula, carefully push cooked egg from side of skillet toward center, so uncooked egg can reach bottom of hot skillet. Repeat 8 to 10 times around skillet, tilting as necessary, 1 to 1 1/2 minutes.
4. Cook until omelet is almost set but still creamy and moist on top. Place skillet handle facing you, and sprinkle 1/4 cup cheese on half of omelet
5. With spatula, fold unfilled half over filling
6. Shake pan gently to loosen any egg or filling from edge, then slide omelet to edge of skillet. Holding skillet above warm plate, tip skillet so omelet slides onto plate. Keep warm in oven. Repeat with remaining margarine, egg mixture, and cheese to make 4 omelets in all. Sprinkle with green onions and serve with toast if you like

