









Recipe for: Easy Cheesy Omelet!








WWW.THEKITCHENEERS.COM

Serving Size: 1

Grocery List:

-  2 eggs
-  2 tablespoons milk
-  1/8 teaspoon salt
-  1 pinch pepper
-  Cooking spray
-  1 slice of your favorite cheese













Inventory:

-  Small Bowl
-  Microwave Safe Bowl
-  Electric Beater
-  Rubber Spatula/Fork
-  Measuring Spoons
-  Cooking Spray
-  Salt & Pepper

 = **Adult needs to help!**

 = **Kitcheneer approved activity!**

Cooking Directions:

-  Spray microwave safe bowl with cooking spray.
-  In a small 1 qt. bowl beat eggs milk, salt and pepper.
-  Pour egg mixture into Microwave safe bowl and place in microwave.
-  Cook at FULL POWER in microwave oven for 45 seconds.
-  Remove—be careful, it might be hot!
-  With a rubber spatula or fork, move cooked eggs toward center.
-  Cook at FULL POWER covered in microwave for 1 minute.
-  Remove—be careful, it might be hot!
-  Place cheese on top.
-  Let stand covered at least 1 1/2 minutes.
-  Loosen egg from dish with a rubber spatula.
-  (If omelet is not cooked or cheese is not melted, return it to oven for an additional 30 seconds.)

eat smart, be smart!