

western omelet

What You'll Need

2 tablespoons butter

6 large eggs

1/4 cup finely chopped green bell pepper or red bell pepper

1/3 cup finely chopped onion

3/4 cup milk

3/4 cup chopped cooked ham

3/4 teaspoon salt

dash freshly ground black pepper

toast or plain sliced bread, for sandwiches, optional

ketchup, optional

How to Make It

Melt the butter in a large nonstick skillet over medium heat.

In a bowl, whisk the eggs until well blended and then whisk in remaining ingredients.

When the butter is foaming, pour the egg mixture into the hot skillet.

Cook the eggs, stirring gently to cook evenly. Turn and cook the other side. Don't overcook. The inside should be slightly moist and a bit creamy.

Slice the omelet into four wedges and serve hot with fruit wedges and buttered toast or English muffins.

If you are making Western sandwiches, divide the egg mixture into 3 to 4 portions and cook in a smaller nonstick skillet. Serve sandwiches with ketchup.

Tips and Variations

Replace half of the chopped green bell pepper with chopped red bell pepper for a more colorful omelet.

Replace part or all of the chopped cooked ham with cooked and crumbled bacon, or use turkey ham.

Add a few drops of hot sauce to the egg mixture.

Seed and chop a tomato finely and add it to the omelet or add about 1/2 cup of chopped sauteed mushrooms.

Add 2 to 3 tablespoons of finely chopped chives to the egg mixture.

For sandwiches, add some hot sauce or Sriracha to the ketchup.