

GRUMPY'S OMLET

INGREDIENTS:

❖ Egg	1 ea
❖ Milk	1 TBSP
❖ Cheese (grated)	2 TBSP
❖ Sauce*	2 TBSP
❖ Meat** (chopped)	1 TBSP
❖ Mushrooms	1 tsp

METHOD:

1. Beat egg and milk
2. Using medien to low heat
3. Pour in lightly oiled omlet pan
4. As egg mixture begins to cook
5. Pour sauce over egg
6. Sprinkle cheese over sauce
7. Add meat and mushrooms
8. Fold in half and flip
9. Continue to cook until egg is completley cooked.

NOTE: add additional chopped vegitables as desired

* Sauce can be an Itialian Sauce*** (my favorite) or a Salsa

** Meat I suggest using what ever meats you have on hand I like bacon, sausage or pork

*** I use the Itialian Sauce listed.

Yield: 1 omlet but enough for 3 meals on stage 1 after bariatric surgery

