

# Broccoli Cheddar Omelette

Recipe by William Campbell

## Ingredients

Onion

Broccoli

Cheddar

Butter

Oil (olive, vegetable or canola)

Eggs

## Directions

1. Chop up about 3 florets of broccoli, finely dice 2 tablespoons of onion, and slice 5 pieces of cheddar cheese. Beat two eggs in a bowl, set all aside.
2. Spray a small pan with cooking oil (or pour about 1 tablespoon oil), heat on medium high.
3. Add the onion to the pan and cook, stirring, for about 2 minutes.
4. Add the broccoli and continue to cook for another 2 minutes, stirring. Set aside.
5. Heat a medium sized pan with 1 teaspoon of butter, tilting the pan as the butter melts to coat the surface.

6. Add the beaten eggs to the medium pan and cover to allow it to cook for a few minutes.
7. Uncover the eggs and place the cheese slices on one half of the cooking eggs.
8. Add the vegetables on top of the cheese, then using a spatula, flip the plain egg side on top of the side with the vegetables and cheese.
9. Cover and cook just long enough to melt the cheese.

Serve and enjoy right away.