



Omelette In-A-Bag

Ingredients:

- 1 egg (OR 1 whole egg, 2 egg whites)
- 1 tablespoon water
- ¼ cup cheddar cheese, shredded
- ¼ cup canned tomatoes, diced
- 2 ounce deli ham, chopped
- Salt and pepper, to taste
- 1 Quart Size Zip-top bag

Instructions:

1. Bring large pot of water to boil (approximately 2/3 full).
2. Crack eggs in large, zip-top freezer bag. Add water.
3. Seal, shake and squish the bag to beat eggs.
4. Add cheese, tomato and diced ham to the eggs. Press as much air out of the bag as possible and seal tightly. Shake bag to combine all ingredients.
5. Carefully place up to 6 bags into the boiling water and cook for about 15 minutes, or until eggs are cooked through. Add 1-2 minutes per additional egg, if you want a larger omelette. Check eggs every few minutes as cooking time may vary depending on elevation.
6. Open bag, slide onto plate, season with salt and pepper, and enjoy!

Variations:

- Add any additional ingredients to your liking: onion, bell peppers, mushroom, chopped bacon, crumbled sausage or chorizo.
- Top with a dollop of low fat sour cream, guacamole, or salsa!

Prep Time: 5 minutes

Cooking Time: 13 minutes

Equipment:

Large heavy duty zip-top bag
Large stock pot

Servings: 1

Serving Size: 1 Omelette



Nutrition Facts: 336Calories, 21 g Fat, 9.2 g Saturated Fat, 5 g Carbohydrates, 33 g Protein, 1 g Fiber, 3 g Sugar, 791 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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