

Mushroom and Cheese Omelet

For one omelet

Ingredients:

- 2 eggs
- About ¼ cup shredded aged cheddar
- 2 or 3 small baby bella mushrooms, chopped
- Salt and pepper
- Butter



Directions:

1. Lightly beat eggs and salt and pepper in a small bowl taking care not to over-beat to allow some texture in the finished omelet.
2. Heat butter in an 8-inch nonstick frying pan over medium-high heat. Add the chopped mushrooms and sauté for 2 or 3 minutes.
3. Remove the mushrooms and add a little more butter. Tilt the pan to coat the bottom.
4. When the butter is sizzling, pour in the egg mixture. The egg should begin to cook around the edges immediately.
5. Gently push the cooked portions from edges toward the center with a rubber spatula. Lift the cooked egg around the edges while tilting the pan so that the uncooked eggs can flow underneath the cooked parts. Turn down the heat slightly and continue the pushing and lifting process until the uncooked eggs no longer flow when the pan is tilted.
6. Place the cheese and mushrooms in a strip down the middle of the pan. Allow the egg to continue cooking at a lower temperature until the egg is completely set on top. Turn both sides of the circle of cooked egg over the filling and slide onto a plate.