

UQ HEALTHY LIVING

DIETETICS RECIPES

for over 50s

ANYTIME OMELETTE

QUICK & EASY, MORNING, NOON OR NIGHT

INGREDIENTS:

- 2 eggs
- dash of milk
- salt and pepper
- optional fillings:
 - shaved ham
 - feta
 - baby spinach leaves
 - onion
 - mushrooms
 - capsicum
 - asparagus
 - cherry tomato

METHOD:

1. Preheat pan to medium heat
2. Stir-fry desired fillings for 2-3 minutes or until soft and set aside.
3. In a separate bowl, whisk together eggs, milk, salt and pepper.
4. Pour eggs into pan and let sit for 1-2 minutes or until the edges are set. Add desired toppings to half of the omelette.
5. Carefully fold the omelette in half like an envelope and let cook for a further 1-2 minutes, then enjoy!

Find out how UQ Healthy Living can help you live your best life after 50
uqhealthyliving.com.au

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