**Omelet**

**Ingredients:**

2 eggs

pan spray

salt to taste

any toppings (ham, cheese, vegetables, etc)

**Directions:**

1. Heat small pan on stovetop to medium high

2. spay pan with pan spray

3. Beat 2 eggs and pour into pan

4. cook on med high till egg sets (may cover with lid)

5. Flip egg after it is set salt as desired

6. place toppings on right side of set egg mixture

7. Fold left side over to cover toppings

8. Cover & let sit till cheese melts (about 30 seconds)