
Zip-lock Omelets

Makes 1

Ingredients:

Crack 2 eggs or egg substitute into a quart sized zip-lock plastic bag
Add lean ham, diced onions, peppers, tomatoes, salsa and low-fat cheese, etc.
Make sure to get all the air out of bag and seal it.
Shake to mix ingredients
Place bag into pot of boiling water for 13 minutes.
Remove bag from water and open bag. Roll omelet out onto a plate and serve.



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