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.