

Lou Mitchel's Style Omelet Recipe

Ingredients

- 3 Large Eggs
- Splash of water
- Butter for cooking
- 1/2 Cup sliced mushrooms
- 1/4 Cup chopped onion
- 1/2 Cup cut up steamed fresh or thawed frozen broccoli
- 1 Tsp. thyme leaves
- 1/2 Cup shredded sharp cheddar cheese

Directions

- 1) Prepare all ingredients before starting. Preheat oven to 350 Degrees.
- 2) Heat omelet pan medium heat. Melt a generous amount of butter. Sauté mushrooms then slide them aside in pan.
- 3) Sauté onions then slide them aside in pan.
- 4) Sauté broccoli then mix all the vegetables together in pan and turn off heat.
- 5) Whip eggs and splash of water with a whisk until mixture is fluffy. Pour egg mixture into pan with vegetables and mix. Sprinkle thyme leaves on egg mixture.
- 6) Place pan with egg/vegetable mixture in oven for 6 Minutes or until mixture is nearly baked.
- 7) Take pan out of oven spread cheese on egg mixture. Fold omelet in half then return to oven for 6 more minutes.
- 8) Remove omelet from oven. Salt and pepper to taste. Let omelet rest for 4 minutes... Enjoy!

