

Ham & Cheese Omelet





E P I C U R E

INGREDIENTS

- 2 eggs
- 2 Tbsp (30 ml) milk
- 2 Tbsp (30 ml) diced low-sodium lean ham
- 2 Tbsp (30 ml) grated low-fat cheddar cheese
- 1 tsp (5 ml) **Epicure 3 Onion Dip Mix**

PER SERVING: CALORIES 230, FAT 13 G (SATURATED 4.5 G, TRANS 0 G), CHOLESTEROL 505 MG, SODIUM 440 MG, CARBOHYDRATE 4 G (FIBRE 0 G, SUGARS 3 G), PROTEIN 22 G, VITAMIN A 20%, VITAMIN C 2%, CALCIUM 15%, IRON 15%.

DIRECTIONS

 PREP 1 MIN  COOK 2-3 MIN  1 SERVING  \$1.38/SERVING

1. Whisk eggs and milk until frothy. Pour into a lightly oiled Epicure Omelet Maker (do not use cooking spray).
2. Top eggs with ham, cheese, and 3 Onion Dip Mix.
3. Close lid and microwave on high for 2-3 minutes.
4. Loosen omelet with an Epicure Dip & Spreader, flip onto a plate, and serve.

Do not use abrasive cleansers or scouring pads. Do not use cooking spray, as it will void the product warranty. Cooking time may vary depending on your microwave.

