



Sparkle Kitchen

Wagon Wheel Omelette

Ingredients

4 large eggs

1/3 cup grated cheese

1/3 red pepper, diced

3 green onions, thinly sliced

olive oil

1 tbsp milk or water

salt

Directions

Heat the pan with 1/2 to 1 tablespoon of olive oil. Sauté the red pepper and green onions in the oil for 2 minutes with a sprinkle of salt. Remove from the pan and place in a side dish.

Now, let's prepare the first half of the "wheel". Gently beat two of the eggs in a small mixing bowl. Add the milk or water. Pour into the pan, and then tilt the pan so that the egg spreads evenly. Allow the egg mixture to firm, and then use a spatula to lift the edges. Again tilt the pan to direct the egg away from the center and to the sides; allow the egg mixture to flow into the space at the side of the pan and under the lifted spatula.

When the egg is firm on the bottom, use a spatula to gently flip the egg. Cook for just a moment more before gently flipping the first half of the "wheel" onto a separate plate.

Repeat the instructions from above, cooking the second two eggs. Once this 2nd half of the wheel is flipped, turn off the heat under the pan. Layer first the grated cheese, and then the cooked vegetables, and finally the 1st half of the wheel. Slide the entire omelette onto a plate.

Enjoy!