



janiscakes.com
a nut-free cooking blog

Broccoli Cheddar Omelette

Yield: 2 servings

Time: 20 minutes total

¼ cup broccoli, diced into small pieces
4 eggs
¼ cup whole milk
¼ tsp. paprika
¼ tsp. salt
pinch of black pepper
1½ oz. finely shredded cheddar cheese



1. Place the broccoli in an 8-inch non-stick skillet. Cook over medium heat for about 4 minutes, until the broccoli is slightly softened.
2. Beat together the eggs, milk, paprika, salt, and pepper. Pour over the broccoli. Top with 1 oz. of the shredded cheddar cheese. (Reserve the remaining ½ oz. as garnish at the end.)
3. Continue to cook over medium heat for 6-7 minutes, gently lifting the cooked edges of the egg periodically while tilting the pan to allow the runny uncooked egg to drip underneath the cooked part.
4. Once there is very little runny uncooked egg remaining on top, gently fold the egg in half, creating a half-circle. Place a lid on top of the pan to trap the heat and continue to cook over medium heat for 3-4 minutes, until fully cooked and the egg is sufficiently puffy.
5. Sprinkle with remaining cheddar cheese and enjoy!