

“Green Eggs n Ham Puffy Cheese Omelet”

Becky Low

Dairy Farmers of Utah

Ingredients:*

- 2 teaspoons butter (4 tablespoons)
- 2 eggs (12)
- 1 tablespoon milk (6 tablespoons)
- Salt and pepper to taste
- 1/4 cup reduced fat shredded cheese (1 1/2 cups)
- 1/3 cup low-sodium lean ham (2 cups)
- 2 tablespoons canned, chopped green chilies (7 oz)
- 1/4 cup canned green chili enchilada sauce (14 oz)
- Optional garnishes**

Method:

Use ingredients on left-hand side for 1 omelet (ingredients in parenthesis are for 6 servings baked in oven, see below).

Heat enchilada sauce; keep warm until ready to serve.

Beat together eggs and milk.

Heat 9-10 inch skillet over medium heat until water sizzles when dropped in pan. Place butter in skillet and tip to coat pan. Pour eggs into skillet, salt and pepper to taste. Coat until eggs are almost set, but still moist. Place ham, 1/2 the cheese, and drained chilies on left side of pan. Carefully loosen edges on right side of omelet; slide egg turner under right side and fold ingredients over onto left side of pan. Sprinkle top with remaining cheese. Continue to cook until egg is set and cheese is melted on top. Slide cooked omelet onto plate; garnish with optional ingredients. Serve with approximately 1/4 cup warm enchilada sauce.

Notes:

Fat content may be reduced by using egg substitute (egg white product). Each omelet or oven omelet portion may be cut in half reducing over all fat, calories, sodium – and nutrients.

* **OVEN OMELET.** Ingredients in parenthesis are for one large oven omelet which serves 6. Preheat oven to 400 degrees F. Melt butter and spread in 12x18 inch pan (or two 9x13 pans), buttering bottom and sides of pan. Beat together eggs and milk. Pour into prepared pan. Arrange ham, chilies, and 1/2 the cheese along both sides of pan (leaving center without filling). Sprinkle with salt and pepper. Carefully place in oven; bake 15-20 minutes or until set in center.

To serve, cut into 6 equal pieces. Carefully lift one side of each omelet and fold over filling on opposite side of each portion. Serve with warm enchilada sauce and optional garnishes.**

** Optional garnishes may include chopped fresh tomatoes; canned French fried onion rings; sliced black olives; chopped green pepper; sliced green onions; etc.



Nutrition Facts	
Serving Size 1 omelet	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 240
%	
Total Fat 26g 40%	
Saturated Fat 12g 61%	
Cholesterol 485mg 161%	
Sodium 1130mg 47%	
Total Carbohydrate 8g 3%	
Dietary Fiber less than 1 gram 4%	
Sugars 3g	
Protein 31g	
Vitamin A 35%	Vitamin C 20%
Calcium 40%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	