

# CHEESE OMELETTE

## INGREDIENTS

3 large eggs

¼ cup grated cheese (of your choice!)

2 tablespoons vegetable oil

## PREPARATION

1. Add oil to a 9-inch non-stick frying pan on high heat. Allow to heat until small hairline ripples appear on the surface of the oil.
2. Crack all 3 eggs into a bowl and whisk together.
3. While moving the pan in a circular motion, pour in the eggs. Continue to move the pan in a circular motion, allowing the outside of the eggs to cook and fluff up. When the outside edges have firmly cooked, flip the omelette and cook on the other side for about 30 seconds.
4. Add the grated cheese in the centre of the omelette and fold it in half (covering the cheese). Allow the cheese to melt and then enjoy!

Recipe inspired by [www.foodnetwork.com](http://www.foodnetwork.com)

[apainintheback.org](http://apainintheback.org)

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