

CHEESE OMELET WITH SALSA

(serves 1)

INGREDIENTS AND QUANTITIES:

2 eggs

1 tbsp margarine

1/4 cup shredded cheese

1/4 cup salsa

EQUIPMENT & UTENSILS:

Frying pan

Cheese grater

Dry Measures

Wooden spoon

Small bowl

Fork

PROCEDURE:

- 1. Break eggs into the small bowl and beat.**
- 2. Place margarine in frying pan and melt over medium heat.**
- 3. Add egg to the frying pan and cover.**
- 4. Remove the lid and add the cheese to half of the egg.**
- 5. Fold the egg in half and wait for the cheese to melt and the egg to brown.**
- 6. Place on your plate and pour the salsa over the egg.**
- 7. Serve with toast or bagel.**