**Cheese Omelet**

Serves 2

1 tsp. butter

4 eggs

1 tablespoon milk or water

salt and pepper to taste

2 ounces Cheese, grated

Crack the eggs into a small mixing bowl. Stir gently with a fork until well-beaten. Add the milk or water, salt and pepper, and set aside.

Heat a 6- to 8-inch skillet over med. heat until hot (approximately 30 seconds). Add the butter, making sure it coats the bottom of the pan. As soon as the butter stops bubbling and sizzling (and before it starts to brown), slowly pour in the egg mixture.

Let eggs firm up a little, and after about ten seconds use a spatula to gently lift the edge of the mixture away from the sides , tilt the pan to allow the remaining liquid to flow into the space left at the sides of the pan.

Continue doing this until omelet looks like an “egg plate” Add cheese to only half of the omelet. Then

tilt the pan to one side and use the spatula to fold approximately one half of the Omelet over the middle. Shake the pan gently to slide the omelet onto a plate. Cut in half and serve