

MAKE A BREAKFAST OMELET

A good breakfast is an important start to the day, and there's nothing like the goodness offered by a well-cooked omelet.

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EARN THIS NUGGET

Practice several times until you feel that you are making a good omelet, and make a few for the family.

What you'll need for each omelet:

- 2 eggs
- 2 tablespoons of water
- 1/8 teaspoon of salt
- Pepper (to taste)
- 1 teaspoon of butter
- 1/3-1/2 cup of your favorite fillings, such as shredded cheese, finely chopped ham, baby spinach, etc.

Now that you've collected all of your ingredients, you may begin to make your omelet. Here's how:

- Beat the eggs, water, salt and pepper in a small bowl until blended.
- With an adult nearby, heat the butter in a 7 to 10-inch nonstick omelet pan or skillet over medium-high heat until hot.
- When the butter has melted, tilt the pan a little and swirl the butter around, so the bottom of the pan is nicely covered.
- Pour in your egg mixture. It should immediately "set" around the edge of the omelet.
- You can gently push the cooked portions from around the edges toward the center if you are concerned about burning, but if your heat is right you should not need to touch the omelet.
- When the top surface of the eggs is thickened and there's no visible liquid, place filling on one half of the omelet.
- Now fold the omelet in half with a spatula.
- Slide the omelet onto a plate.

