

Boil-in-a-Bag Omelet

Granite School District
Salt Lake City, UT



Recipe Ingredients:

2 eggs	low fat cheese
green bell peppers	low sodium ham
red bell peppers	turkey sausage
yellow bell peppers	mushrooms
spinach	Large Ziploc bag
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Preparation Method:

1. Crack eggs into Ziploc bag. Zip closed and shake the eggs until scrambled.
2. Unzip the bag and add the ingredients you like in an omelet into the bag.
3. Zip the bag closed while removing all the air in the bag.
4. Put the bag into a pot of boiling water for 12 to 15 minutes or until omelet looks done.
5. Let cool 2 minutes.
6. Open Ziploc bag and the omelet will slide out onto a plate.
7. Enjoy the Omelet!!



Madysun Christensen