

EASY OMELET BREAKFAST IN A BAG

Prep time: 5 - 10 minutes

Cook time: 13 minutes

Serves: 1 - ??

Supplies:

Ziploc quart-size freezer bag

Medium - large pot

tongs

wooden clothes pin

Ingredients:

2 eggs

optional:

1/8-1/4 cup of any milk (skim, 1%, 2%, whole)

cheese pieces

cooked meat bits (ham, bacon, sausage, etc.)

fresh diced vegetables of your choice

With a permanent marker, write your name on freezer bag.

Crack two eggs into the bag. Shake or kneed to break yolks & mix.

(if desired, add milk)

Add any variety of ingredients (cheeses, cooked meat, onion, bell pepper, tomato, hash brown, etc.)

Gently shake for a thorough mix. Remove air before sealing.

Place bag into pot of rolling, boiling water and **cook exactly 13 minutes.**

Open the bag and omelet will roll out easily.

Depending on the size of the pot, several omelets may be cooked at the same time.

Clip together with a wooden clothes pin so they do not melt on side of pot.