



# CHICKEN OMELETTE

March 19

National Poultry Day

## INGREDIENTS

- 4 Large Eggs
- 2 Tablespoon Butter
- 3½ Ounces (about ⅔ cup) Shredded, Cooked Chicken
- ½ Cup Shredded Cheese
- 4 Tablespoons Fresh Spinach (finely sliced)
- 1 Medium Tomato (diced)
- 4 Tablespoons Parsley or Chives (chopped)
- Salt and Pepper (to taste)

## DIRECTIONS

1. In a medium bowl, beat or whisk the eggs until completely combined (no whites remain).
2. Warm up the chicken in a pan or microwave and set aside.
3. Melt the butter in a medium non-stick skillet over a medium heat, then pour in ⅓ of the eggs and reduce the heat slightly. Tilt the pan so the eggs cover the base of the pan to the edge.
4. When the eggs begin to set, use a wooden spoon or rubber spatula to pull the edges into the middle of the pan. Tilt the pan so the runny eggs fill the bottom of the pan.
5. When the bottom of the omelette is set and the top is nearly set, add the shredded chicken, cheese, spinach and tomato to half of the omelette. Fold the other side over and serve topped with the herbs and season with salt and pepper.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Breakfast

## YIELD

6 Omelettes

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Omelette	¼ Omelette	½ Omelette	1 Omelette