



INGREDIENTS

- ¾ Cup Oil
- 18 Eggs
- 3 Cups Tomato (finely chopped)
- 3 Cups Onion (finely chopped)
- 1½ Cups Green Chilies (finely chopped)
- ¾ Cup Cilantro or Coriander (finely chopped; for garnishing)
- 1½ Cups Spinach (finely chopped)
- Salt (to taste)

DIRECTIONS

1. Break the eggs into a bowl and whisk them to a froth.
2. Add the tomatoes, onions, salt, green chilies, spinach and coriander leaves and mix them well.
3. Heat a pan on medium for a minute or so and then add oil. Tilt the pan so that the bottom and the sides are well coated with oil.
4. After 2 minutes or so when the oil is all heated up, add ½ of the egg mixture to the pan and tilt the pan so that they spread out evenly.
5. Continue cooking over medium-low heat till the eggs set on the bottom and the top is still moist (not runny).
6. Once the eggs on the bottom are set, take a spatula and turn the omelette over and cook for another minute or so.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

12 Omelettes

PORTION SIZES

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