



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Sunny's Omelet

Kid Chef Chef Ava Terosky, Age 9

INGREDIENTS

- 2 teaspoons olive oil
- 4 ounces white mushrooms, sliced
- 4 ounces baby spinach
- Sprig fresh thyme, or pinch dried thyme
- Salt and freshly ground black pepper
- 4 large eggs
- 2 teaspoons unsalted butter
- Ketchup (optional)

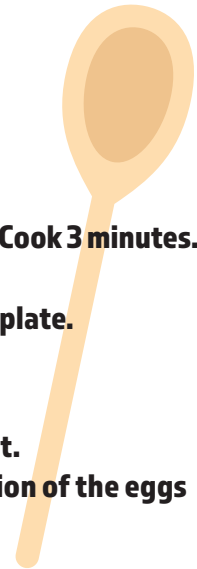
DIRECTIONS

To make omelet filling:

1. In large nonstick skillet, warm olive oil on medium heat. Add mushrooms, thyme. Cook 3 minutes.
2. Add spinach, salt and pepper to taste.
3. Cook for 2 minutes, or until spinach is wilted but still bright green. Transfer to a plate.

To make the omelet:

1. Break 2 eggs into bowl, add salt and pepper to taste, and whisk with a fork.
2. In the same pan the veggies cooked in, melt 1 teaspoon butter over medium heat.
3. Add eggs to pan. As they cook, continuously lift and swirl the pan so liquid portion of the eggs goes all the way around the edge of the pan to form a circle.
4. Cooking about 30 seconds more. Then flip, using a spatula.
5. Either add half the veggie filling and fold the eggs over—or cook 30 seconds on the second side, slide the omelets from pan onto a plate, and top with the filling.
6. Make the second omelet with the remaining teaspoon butter and two eggs.
7. Cut omelets into four dog shapes using a large cookie cutter or use any type of cookie cutter.
8. Top each with half of the filling if you didn't do the traditional fill-and-fold method.



Source: *Healthy Lunchtime Challenge Cookbook* compiled by the Let's Move Initiative

Enjoy!

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