

## **Asparagus and Prosciutto Omelettes**

Breakfast, brunch, lunch, dinner or late night snack, for one, two or plenty, these Asparagus and Prosciutto Omelettes are quick, easy, healthied-up and definitely DELICIOUS!

Ingredients per omelette:

2 large eggs

0.5% milk, enough to fill half an egg shell, twice

4-6 fresh asparagus spears

2-3 cremini mushrooms (or mushroom of choice), sliced

2 green onion, finely chopped

2 slices prosciutto

¼ c. aged white Canadian cheddar

Salt and pepper to taste

1 Tbsp olive oil

Crack woody ends off of asparagus tips. Add olive oil to large non-stick skillet and heat over medium high heat. When oil hot, add asparagus spears and sliced mushrooms. Saute, turning often, until asparagus are tender but still crisp and mushrooms are slightly browned. Reduce heat to low and keep warm.

Crack eggs into a bowl. Using one ½ of a broken egg shell, fill with 0.5% milk and add to bowl with eggs. (One ½ egg shell of milk per egg makes the perfect omelette or scrambled eggs!). Season with salt and pepper to taste.

Heat non-stick skillet over medium high heat. Add in a small amount of margarine and swirl around pan. Whisk egg and milk mixture vigorously and pour into skillet while whisking. Let sit and cook for about 30 seconds, and then gently pull edges in toward center – tilt pan so that any liquid fills in edges. Reduce heat to medium low and cover allowing steam to cook omelette through.

Once egg is cooked and firm, top with grated cheese, followed by prosciutto slices, asparagus spears and mushrooms. Sprinkle with finely diced green onions or chives. Fold sides over center and using a spatula, gently slide omelette onto plate – serve.

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