**Cheese & Potato Omelette**

Serves 2



**INGREDIENTS:**

1 small potato

5mL oil

0.5mL salt & pepper

60mL cheese

2 green onions

3 large eggs

10mL milk

Margarine to grease pan

**DIRECTIONS:**

1. Peel and grate potato. Rinse grated potato in cold water until water does not look cloudy (removes starch to prevent stickiness). Blot dry with paper towel.
2. Heat 5mL oil over medium heat in a small frying pan. Add grated potato, salt and pepper. Cook on medium heat until browned and soft. Remove the cooked potato and set aside.
3. Grate cheese. Wash and chop green onion.
4. Whisk eggs and milk with a pinch of salt and pepper.
5. Heat frying pan again for omelette on medium heat. Lightly grease pan with 1mL margarine before each omelette.
6. Arrange HALF of cooked potato over frying pan. Pour HALF of egg mixture over potato. Swirl pan to cover the entire bottom with egg, cover pan and cook for 2-3 minutes.
7. Check that egg has COAGULATED. Add cheese, green onions and fold omelette closed. Cook 1-2 more minutes or until cheese has melted.
8. Repeat with 2nd or 3rd omelettes.