

Makes 2 omelets

INGREDIENTS

½ cup (120ml) **Eatmore Sprouts Broccoli Sprouts**
(approx. ½ a package)

4 large eggs

2 tbsp. (30ml) butter

2 oz. (38g) Boursin Pepper Cheese

Broccoli Sprout Omelet

vegetarian

gluten free

nut free

- Whisk eggs in a medium bowl.
- Heat 1 tbsp. (15ml) butter in a nonstick skillet over medium heat.
- Once the butter begins to foam, add 2 eggs and season to taste with salt and pepper.
- Using a rubber spatula, stir eggs quickly and constantly in a figure-eight pattern while simultaneously moving the skillet around in a circular motion. Scrape down the sides of the skillet.
- As soon as eggs begin to coagulate, (about 2 minutes), shake skillet to settle uncooked egg.
- Keep stirring and moving pan in a circular motion until eggs are nearly cooked through on the bottom but runny on top, about 1 minute.
- Remove pan from heat and let sit 1 minute to help omelet release from skillet.
- Spoon 1 oz. dollop of cheese across the center.
- Top with **Broccoli Sprouts**.
- Repeat instructions to make second omelet.

Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at www.eatmoresprouts.com

