



POPEYE'S OMELET

INGREDIENTS:

1 egg white
¼ cup low-fat grated cheddar cheese)
4 pieces fresh leaf spinach
2 slices Deli fresh honey smoked turkey breast
2 dashes black pepper
1 Tablespoon vegetable oil

INSTRUCTIONS:

STEP 1: Get a frying pan, put the vegetable oil in it and preheat the pan for 1-2 minutes. Next get a bowl and put in 1 whole egg and 1 egg white. Then put 2 dashes black pepper and 1 dash seasoned salt after that whisk for 15 seconds.

STEP 2: Get 2 slices of turkey tear into small pieces. Place the turkey in the bowl. Next, place the cheese in the bowl. After that get the 4 pieces of spinach, tear into small pieces and place them in the bowl.

STEP 3: Get a fork and stir the ingredients together for 15 seconds. Next check the pan to see if the oil is warm if it is pour the ingredients in to the pan if not wait for 10 seconds. After you pour the ingredients in the pan, let cook for 1-2 minutes. After 1 minute get a spatula and lift the omelet up a little to see if it is cooked if it is flip the omelet if not wait and check every 10 seconds (no more than 2 minutes). After you flip the omelet let it cook for 30 seconds on the other side. When 30 seconds are up remove it from the pan with the spatula and place the omelet on a plate, now you have a warm, healthy, delicious lunch, breakfast or dinner!

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