

Microwave Omelet



Simple and quick for anyone

Scramble eggs on greased plate. Microwave.
Add filling (if desired). Done.

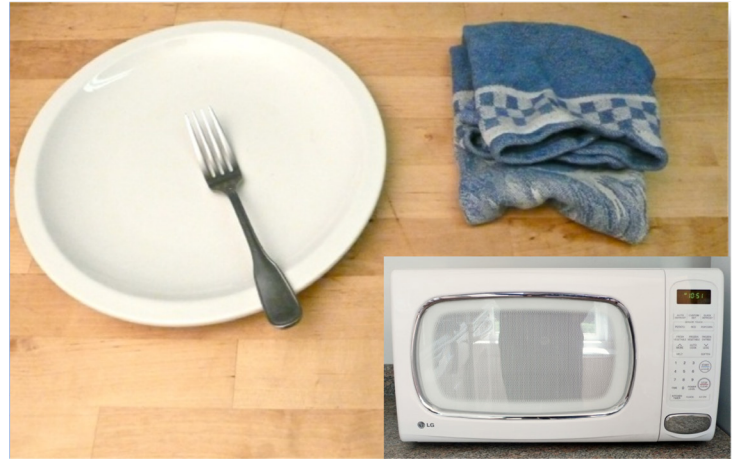
Ingredients

- 2 eggs
- Small splash milk (optional)
- Dash salt
- Black pepper
- Cheese or filling (optional)
- Cooking Spray



Equipment

- Microwave Safe Plate
- Fork
- Potholder or Dishtowel
- Microwave Oven

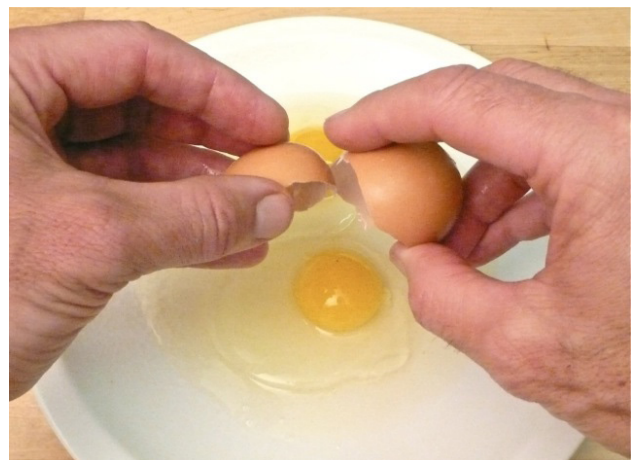


How to make it (Active Time: 5 minutes)

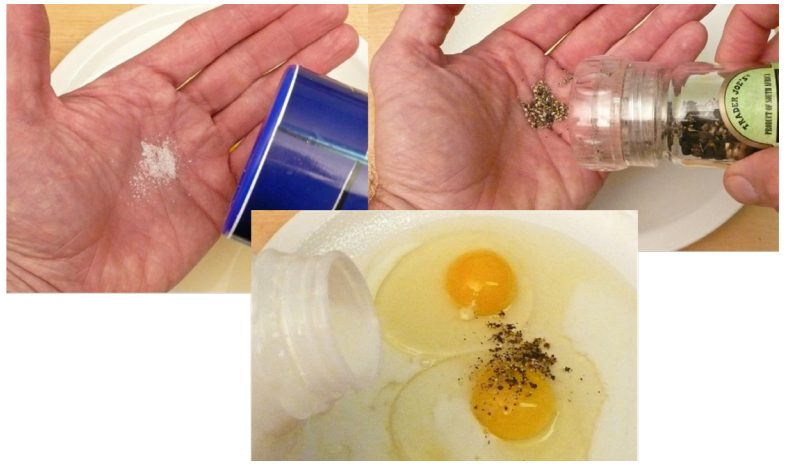
Spray plate lightly with cooking spray.



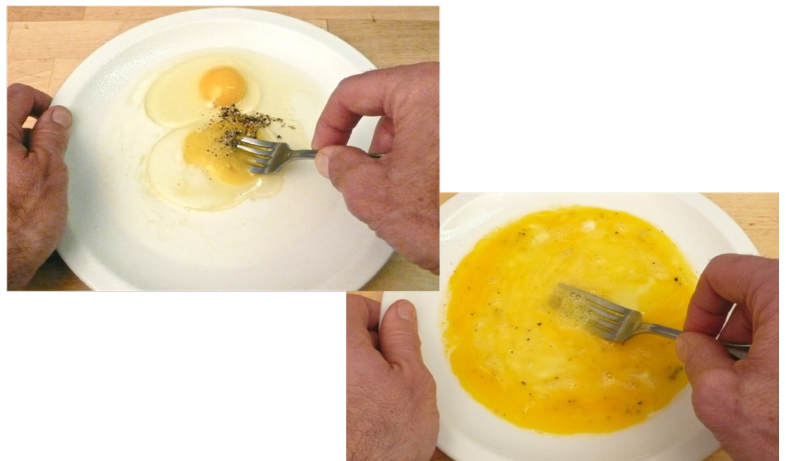
Crack eggs onto plate.



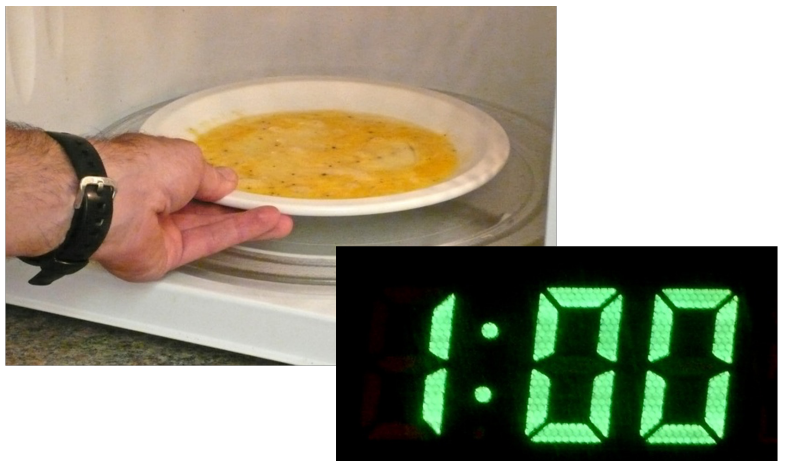
Add salt, pepper, and small splash of milk (optional).



Stir vigorously until egg whites and yolks are well mixed together. **Before microwaving eggs, always be sure to break egg yolks and stir well as shown to prevent cooking eggs from bursting while they cook.**



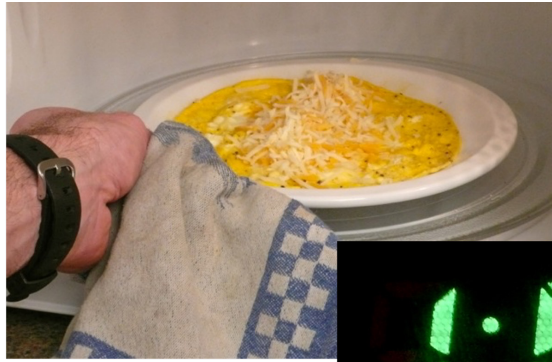
Microwave for 1 minute.



Use a potholder or folded dishtowel to remove partially cooked eggs from microwave and add filling if desired.



Microwave again for about 1 more minute and check for doneness.



Doneness

Eggs should be:

- firm
- not runny
- still soft



Use a fork to fold omelet and...



...enjoy warm.



Make it your own:

- Imagination is your only limit - even if you're just starting out.
- Here are some suggestions to get you started.

Use butter instead of cooking spray to grease the plate.



Use Worcestershire sauce or soy sauce instead of salt.



Try different cheeses - or any other filling.



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"Show Me How" Picture Book Cooking

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