

Microwave Ham and Cheese Omelets

Makes 2 Servings

KID-APPROVED

Ingredients

- 4 large eggs
- 2 tablespoons milk or half and half (optional)
- 4 slices deli ham, torn into bite-size pieces
- 4 tablespoons shredded cheddar cheese
- Salt and pepper, to taste
- 2 teaspoons chopped fresh parsley, or 1/2 teaspoon dried parsley (optional)

Directions

1. Coat 2 small microwave-safe mugs with nonstick cooking spray. Add eggs and milk (if using) and beat with a fork. Stir in ham and cheddar cheese. Season with salt and pepper.
2. Microwave on low for 30 seconds, stir, and heat for 30 more seconds. Do this for one more minute, stopping at 30 seconds to stir again. Total time should be about two minutes. Top with parsley (if using) and serve.

Recipe from: Feeding PA and PA Eats

