

Skier`s Omelette

*Kathy Hanchett - Salt Lake City, UT
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Servings: 2

1 cup cooked potato, thinly sliced

1/2 cup onion, thinly sliced

5 tablespoons butter

salt (to taste)

pepper (to taste)

3/4 cup diced ham, sausage or crumbled bacon

4 eggs, beaten

Preparation Time: 10 minutes

Saute' the potato and onion in four tablespoons of hot butter in a skillet until well cooked. Add the salt and pepper. Stir in the meat and quickly cook until crisp.

In an omelette pan, melt one tablespoon of butter and add the well beaten eggs. As the mixture begins to thicken, add the ham, bacon, etc.. Also add the potato and onion.

Place the omelette under the broiler. Broil, watching closely, until the omelette is well done and brown on top.

Per Serving (excluding unknown items): 163 Calories; 10g Fat (56.6% calories from fat); 13g Protein; 4g Carbohydrate; 1g Dietary Fiber; 424mg Cholesterol; 141mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.