

Ham & Asparagus Omelette



BAY VALLEY
F O O D S



Ham & Asparagus Omelette

1 Serving

INGREDIENTS:

Olive oil or clarified butter
Egg batter (recipe follows) or liquid eggs
Lean ham, thinly sliced
Asparagus, cooked and hot

Thank You Brand Aged Cheddar Cheese Sauce, hot

Green onion tops, sliced
Chipotle powder

Egg batter: (11 servings)

Beaten eggs (or liquid eggs)
Half and half
Salt
Ground pepper

AMTS:

1 1/2 tsp.
6 oz. (3/4 cup)
2 oz.
3 oz. (4 - 8 whole spears
depending on thickness)

2 oz. (1/4 cup)

1 Tbsp.
Sprinkling

2 qt.]
1/2 cup]
1/2 tsp.]
1/4 tsp.]

PROCEDURE:

Heat oil or clarified butter over a hot flame in a nonstick 8" skillet.

Add egg batter and stir vigorously, scraping sides and bottom well, until omelette is almost completely set. Remove pan from heat.

Cover eggs in pan with ham, then lay hot asparagus spears across the center so they are directly in line with the pan's handle.

Cover asparagus and ham with 3 Tbsp. of the cheese sauce. Sprinkle with half the green onions and set under a broiler or cheese melter to raise the eggs (about 1 minute).

Roll the omelette out onto a plate, and garnish with the rest of the cheese sauce and green onion. Sprinkle with chipotle powder and serve.

Mix well.

NUTRITION

Per serving:

518 calories
36 g protein
12 g carbohydrate
2 g fiber
36 g fat
11 g saturated fat
706 mg cholesterol
1429 mg sodium



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CHEF'S TIP:

• Rolling the omelette out onto a plate will be difficult if the asparagus isn't pointing in the right direction!