Cheese Omelet

​3 eggs

1/8 teaspoon salt

1/8 teaspoon pepper

1/2 Tablespoon butter

1/4 cup cheddar cheese

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Whisk together eggs, salt and pepper.

Spray 10" skillet with cooking spray.

Melt butter in skillet.

Add eggs.

Scrape with rubber scraper for 20 seconds.

Tilt pan to allow uncooked eggs to fill bare spots.

Let cook 30 seconds or until eggs are just set.

Remove pan from heat.

Sprinkle cheese over half of omelet.

Cover and let sit until cheese melts.

Fold unfilled half of omelet over cheese half to create a half moon.