

Western Omelet

6 large eggs

2 tbs. half and half or cream

4 tbsp. butter

½ cup onions diced

½ cup green bell pepper diced

½ cup ham, cooked and diced

Dash salt and pepper

In a large bowl whisk together the half and half or cream with the eggs.

Meanwhile, melt ½ the butter in the pan and sauté ½ the onions and ½ bell peppers over medium low heat.

Add the ham and cook for another minute stirring. Sprinkle with salt and pepper. Cover and cook over medium heat for two minutes. Once it's cooked through, flip half of the circle over onto the other half and top with cheese if you like and serve. Repeat for the other omelet. This makes two!