



SERVING UP

Savings!

weis

SERVES 4 for \$3 PER SERVING

Spanish Omelet with Olives & Red Pepper

KEY INGREDIENT SHOPPING LIST

1 lb. Weis Quality Premium Margarine Quarters	\$1.33
1 Fresh red bell pepper.....	\$1.66
1 Bulb fresh garlic	50¢
1 1/2 dozen Weis Quality Grade A Large Eggs	99¢
1 Bunch fresh parsley	\$1.00
1 (8-ounce) package Sargento® Shredded Reduced Fat Sharp Cheddar Cheese	\$2.00
1 (2.25-ounce) jar Weis Quality sliced green ripe olives	\$1.00

PRICES EFFECTIVE 7-16-09 THROUGH 7-22-09

INSTRUCTIONS:

- 1 tablespoon margarine
- 1/2 cup chopped red bell pepper
- 4 small cloves garlic, minced
- 8 large eggs
- 1/2 cup water
- 1/4 cup chopped fresh parsley
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup sliced pitted green olives

Heat margarine in nonstick skillet over medium heat. Add bell pepper, onion, and garlic. Sauté until tender, about 3 minutes. Increase heat to medium-high. Divide into 4 servings.

Beat eggs, water, and parsley in medium bowl until blended.

FOR EACH OMELET:

Pour one-half cup of the egg mixture and one-fourth of vegetable mixture into 7- to 10-inch skillet over medium-high heat. Mixture should set immediately at edges. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

When top surface of eggs has thickened and no visible liquid egg remains, sprinkle with cheese and olives. Fold omelet in half with spatula. With a quick flip of the wrist, turn the pan and slide the omelet onto plate.

SERVING SUGGESTION: Serve with roasted asparagus and baby red potatoes.

Recipe and image courtesy of the American Egg Board.

