

## David Allen Ham and Cheese Omelets with Oomph

### Ingredients

- 2 eggs, beaten
- ¼ cup of chopped ham
- 1 jalapeno pepper, seeded and minced
- 1/3 cup grated cheese
- 1 TBSP butter
- 1 Tsp olive oil

### Prepare

1. In a small, nonstick skillet, heat the butter and oil over medium heat.
2. Add the peppers and ham, fry for 1 minute.
3. Add the beaten egg. Swirl the pan around a bit while the egg sets up. Don't disturb it.
4. When the egg in the center of the pan is almost set, sprinkle the cheese evenly on the omelets. Slide a plastic spatula under one side and fold to the middle.
5. Repeat step 4 for the other side. Let the two folded halves fuse together for a few seconds.
6. Flip the whole thing over. I like to do a flip of the pan...just to show off. Continue to cook for another 30 seconds.

