**Homemade hash browns**

**Ingredients**

1-2 potatoes depending on size

10 ml of margarine

1 ml total of seasoning: garlic powder, onion powder, Greek seasoning)

Dash of salt

**Procedure**:

1. Wash potatoes and poke with a fork.
2. Place in microwave and microwave for 2-5 minutes. Check after every minute. You should be able to squeeze it slightly. BE CAREFULL it will be HOT.
3. Once cooked chop potato into 1.5 cm2
4. Melt margarine on medium heat
5. Add potatoes and cook until beginning to brown
6. Sprinkle seasoning over potatoes. Reduce to low until you are ready to eat.

Next time I would…

Omelet for 2

**Ingredients**

Filling Part #1

5 ml of margarine (use half of square)

60 ml each chopped vegetables choice #1

60 ml each chopped vegetables choice #2

*Vegetable choices: zucchini, onion, mushrooms, pepper, broccoli or \*spinach*

1-3 ml of seasoning of choice

*Oregano, basil, garlic powder, onion powder, cumin, paprika, cayenne pepper (dash only)*

3-4 eggs

30 ml of water

1 ml of salt

Dash of pepper

5 ml of margarine (use remaining half of square)

Filling Part #2

40 ml of protein of choice: beans, chopped ham, chopped turkey, lentils

40 ml of cheese shredded of choice: mozzarella, cheddar, jalapeño Monterey jack, feta

Procedure:

1. Prepare all vegetables by chopping or slicing thinly.
2. In a medium frying pan, melt 5 ml of margarine on a medium heat
3. Add vegetables and sauté until just tender and slightly caramelized. (\*If using spinach add for **last** minute of sautéing)
4. Remove sautéed vegetables to a plate.
5. Meanwhile gently whisk eggs, water, salt and pepper together until just blended.
6. Melt the remaining 5 ml of margarine in the now empty frying pan, tilting to coat bottom of pan.
7. Pour in egg mixture (the edges should set immediately)
8. With the back of a plastic flipper, GENTLY push the cooked edges toward center and tilt to allow the raw egg to reach the edges.
9. Once egg has set (no running egg left) place the cheese, chopped meat and finally sautéed vegetables on one half of the pan.
10. Using flipper fold the empty half onto the filled half and cook on low for 1 minute.
11. Divide the omelet in half with flipper and gently slide each omelet half onto a place
12. Serve with: sour cream, salsa, ketchup, etc