**Puffy Cheese Omelet with Spanish Sauce**

Cookery Principle: Practicing beating eggs to different stages.

**Ingredients**

**Veggie Filling**

splash oil

veggies of choice

**Omelet**

3 eggs separated.

1 mL salt

1 mL cream of tartar

dash pepper

dab margarine

50 mL grated cheddar cheese

dash paprika

**Spanish Sauce**

30 mL chopped onion

10 mL chopped pepper

dash garlic powder

 5 mL margarine

125 mL diced canned tomatoes

½ bay leaf

Dash salt and pepper

Procedure:

1. Saute veggies of choice on medium heat until tender, place on a plate.
2. Separate eggs – using 3 bowl methods – Beat whites until foamy add salt, pepper and cream of tartar. Beat until stiff peak stage.
3. In a different bowl – beat yolks until thick & lemon colored
4. Fold yolks into whites
5. Melt margarine in a fry pan (lg). Pour in eggs – spread out cook on 4-5 until it brown on bottom.
6. Broil for 2-3 min – Top with cheese & paprika broil again

Sauce:

Saute onions & pepper. Add remaining ingredients. Simmer until omelette is ready. Remove bay leaf.