

Oven Baked Mini Omelettes One Pot Chef

Preheat oven to 375°

1 brown onion, chopped

Ham, Sausage, cooked crumbled bacon,
whatever you want

Chopped spinach, mushrooms, peppers,
asparagus... whatever you want



Brown the onion and meat in a skillet. Mix with veggies. Spray 12 muffin tins with a little cooking spray and distribute mixture evenly into each tin.

Grated cheese – put on top of veggie/meat mixture

8 eggs

¼ cup milk

½ tsp oil

½ tsp baking powder

Salt and Pepper

Mix well and distribute evenly into the muffin tins. Top with more cheese if desired

Bake 20-25 minutes until mini omelets are fluffy and golden brown. Cool for five minutes before removing from pan.

You can cool the mini omelettes completely in the pan and then wrap them in plastic wrap and freeze them .