“Culinary is in my blood, as well as my passion for serving others. I love sharing new flavors and foods at UT Dallas since our campus is so diverse. Food is a community builder regardless of where you come from.”
WESTERN OMELET RECIPE
MAKES 4 OMELETTES.

INGREDIENTS:
• 12 large eggs
• Kosher salt and freshly ground black pepper
• 1/4 cup unsalted butter
• 1/2 green bell pepper, cut into 1/2-inch dice
• 1/2 red bell pepper, cut into 1/2-inch dice
• 6 ounces boiled ham (in one piece), cut into 1/2-inch dice
• 4 scallions (white and green), roughly chopped
• 1/2 cup grated cheddar cheese (about 2 ounces)
PRIOR TO BEGINNING FOOD PREP, WASH HANDS REMEMBERING THESE 5 CRUCIAL STEPS:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

METHOD:

1. Combine eggs, salt, pepper, and unsalted butter in a medium bowl, stirring with a whisk.
2. Heat an 8-inch nonstick skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat.
3. Stir in onion, bell peppers, and ham; sauté 4 minutes or until vegetables are crisp-tender.
4. Add beaten egg mixture to pan, tilting pan to spread evenly; cook 1 minute or until edges begin to set. Lift edge of omelet with a rubber spatula, tilting pan to roll uncooked egg mixture onto bottom of pan.
5. Repeat procedure on opposite edge of omelet. Cook 1 minute or until center is just set.
6. Flip the omelet and sprinkle 2 tablespoons cheese evenly over omelet. Fold in half, Slide omelet onto a plate
4 SIMPLE STEPS TO A PERFECT OMELET

1. BEAT eggs, water, salt and pepper in small bowl until blended.

2. HEAT butter in 7 to 10-inch nonstick omelet pan or skillet over medium-high heat until hot. TILT pan to coat bottom. POUR IN egg mixture. Mixture should set immediately at edges.

3. GENTLY PUSH cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. CONTINUE cooking, tilting pan and gently moving cooked portions as needed.

4. When top surface of eggs is thickened and no visible liquid egg remains, PLACE filling on one side of the omelet. FOLD omelet in half with turner. With a quick flip of the wrist, turn pan and INVERT or SLIDE omelet onto plate. SERVE immediately.