



Omelette Bagels

Serves 2

2 eggs

1 slice of deli ham, chopped into small pieces

1 slice of Monterey Jack cheese, or 1/4 cup grated cheddar

salt and pepper to taste

In a non stick skillet, melt one tablespoon butter over low heat. Crack eggs into bowl, add salt and pepper and stir with fork until eggs are well blended. Pour eggs into pan and let sit until they start to cook.

Distribute ham and cheese over the eggs. When set, cut the omelette in half and flip each side and cook one minute more.

Slice fresh bagels and toast. Butter lightly and fill each with half the omelette. Cut bagel "sandwich" in half. Serve with fresh fruit.