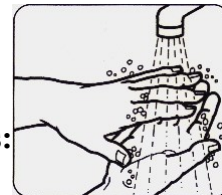


Basic French (Plain) Omelet

1 egg
1 Tablespoon water
1/8 teaspoon salt
Dash of pepper
1 teaspoon unsalted butter

Choose 2 Tablespoons each of your favorites:

chopped ham
grated cheese
chopped green peppers
chopped tomatoes
chopped apples



Mix egg, water, salt and pepper. Heat butter in 7 to 10-inch omelet pan or skillet over medium-high heat until hot enough to sizzle a drop of water. Saute your “favorites” (except the cheese). Pour in egg mixture. (Mixture should immediately set at edges.) Using an upside down spatula, push the edge of the egg toward the center, tilting pan and moving cooked portions as necessary. While top is still moist and creamy-looking, add your cheese. With spatula, fold omelet in half or roll, and slide or flip from pan onto plate.

Yield: 1 omelet

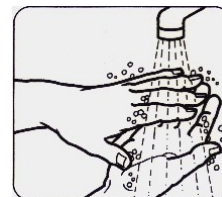


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Basic French (Plain) Omelet

Nutrition Facts

Serving Size (56g)
Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 195mg **65%**

Sodium 360mg **15%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 6g

Vitamin A 8% • Vitamin C 0%

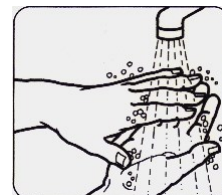
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



4-H
Cooking
in the
Kitchen

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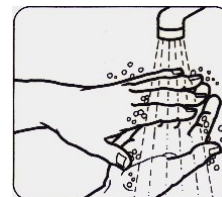
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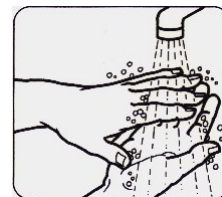
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4-H
Cooking
in the
Kitchen

Ice Cream Muffins

1 cup favorite flavor Premium ice cream
1 cup sifted self-rising flour



Preheat oven to 400°. Place ice cream in small deep mixing bowl and stir with wooden spoon until softened. (Ice cream does not need to be completely melted.)

Add flour, stirring just until mixed. Spoon equal amounts into 6 buttered muffin cups. Bake for 18-20 minutes.

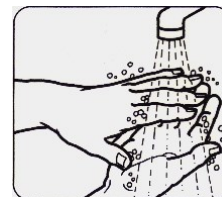
Muffins freeze well for later use.

(NOTE: This recipe works best with a premium Ice Cream that includes bits of chocolate. If the mix is too thick, you may add some milk. Recipe will make 12 miniature muffins if preferred. Shorten baking time to 12-15 minutes. Do NOT over mix.)

Yield: 6 muffins

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Ice Cream Muffins

Nutrition Facts

Serving Size (55g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 290mg **12%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 4g

Vitamin A 6% • Vitamin C 0%

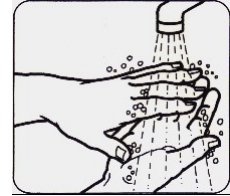
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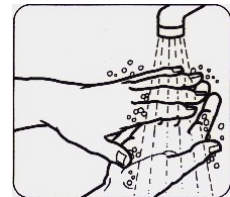
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