

#loveCDNrecipes



Preparation: 10 mins

Cooking: 25 mins

Ready in: 35 mins

Serves: 12

Sheet Pan Omelette

Ingredients

- 12 Eggs
- 1/2 cup (125 mL) milk
- 1/2 tsp (2 mL) dried thyme leaves
- 1/2 tsp (2 mL) garlic powder
- 1 cup (250 mL) red or green pepper, diced
- 7 oz (200g) cooked ham, diced
- 2 green onions, sliced
- 1 cup (250 mL) shredded old cheddar

Directions

1. Preheat the oven to 350°F (180°C).
2. Line a 13 x 9 (33 x 22 cm) sheet pan with parchment paper.
3. Whisk together the eggs, milk, thyme and garlic powder in a pourable measuring cup (this makes it easier to pour into the sheet pan) or bowl.
4. Scatter the peppers and ham evenly over the prepared baking sheet and then gently pour the egg mixture over.
5. Top evenly with the green onions and cheddar cheese.
6. Carefully transfer to the middle rack of the oven and cook for 20-25 minutes until the egg is set and cooked.
7. Remove and allow to cool for 5 minutes. Cut into 12 portions and store in an air-tight container.



Shopping List

Pantry Staples

- dried thyme leaves
- garlic powder

Deli

- 7 oz diced cooked ham

Refrigerator & Freezer

- 12 eggs
- 1/2 cup milk
- 1 cup shredded old cheddar

Produce

- 1 large red or green pepper
- 2 green onions

Notes:

Remember to check your pantry and refrigerator before you go shopping!