



Seafood Omelette

ULF #	Pack Size	Portion	Ingredients
212082	6.6#	1 oz	Brie Cheese
129388	1#	1 tbs	Chopped Parsley
215301	30/1#	1 tbsp	Margarine
763383	15/2#	3 ct	Easy Egg w/ Citric
649772	2#	1/4 cup	Imitation Crab & Shrimp
114512	6 ct	1/4 ripe	Avocado



Remove all the rind from the Brie, roll in the chopped parsley and set aside. In an omelette pan, melt margarine. Pour eggs into the pan. Pull them away from the sides of the pan with a spatula while moving the pan constantly over the heat to prevent sticking. Just before the eggs are set, place cheese, crab, shrimp and avocado into one half of the omelette. Add salt and pepper to taste. Tilt the pan and with a spatula gently fold half of the omelette over the filling. Continue cooking until eggs are firmly set. Place omelette in a plate and enjoy!