

Lucia's Western Denver Sandwich

Ingredients:

- 4 Eggs
- 1/4 Cup Milk
- 1/8 Teaspoon Ground Black Pepper
- 1/2 Cup Thin Green Bell Pepper Strips
- 4 Slices Deli Ham (Chopped)
- 1/4 Cup Finely Chopped Onions
- 1/2 Cup Shredded Cheddar Cheese
- 4 Slices White Sandwich Bread (Toasted)
- Butter (For Spreading)

Directions:

1. In medium bowl whisk together eggs, milk, and black pepper. Stir in green pepper, ham and onions.
2. Spray 8" non stick skillet with cooking spray. Pour egg mixture into skillet. Cover. Cook over medium heat for approx. 6 minutes, or until the egg mixture is set, but top is still slightly moist. Occasionally lift edge with spatula to allow uncooked mixture to flow underneath. Sprinkle with cheese onto half of omelet. Gently fold omelet in half let stand covered for 2 minutes.
3. Cut in half and fill toast slices.

Makes 2 Sandwiches... Enjoy!