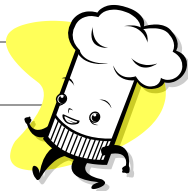

Chicken Omelet – serves 6



Ingredients:

2	Peppers (1 green 1 red)
3	Small onions
1 ½ cup	Diced cooked chicken
6 tbsp	Canola oil
3 tsp	Taco seasoning mix (can use chili power)
12	Eggs
1 ½ cup	Monterey jack
	Salsa and sour cream

Directions:

In a large skillet, sauté bell peppers, onion and chicken in oil, add taco seasoning. Each serving is made separate with 2 whipped eggs poured evenly into pan, add cooked ingredients in the center, when cooked add cheese then fold over. If desired top with salsa with a side dot of sour cream.