

## Otter Omelet

*From KidsHealth.org*

Otters spend most of their time in the water in rivers and streams. Their bodies have adapted for their lifestyle. They have fur that is water repellent to keep them dry and warm, nostrils and ears that close to prevent water getting in and have the ability to hold their breath for up to 8 minutes (which is about how long this omelet will take to prepare!).

**Prep time:** 10 minutes

### Ingredients:

- nonstick cooking spray
- 2 eggs
- 2 tbsp. skim milk
- 1 tbsp. onion, chopped
- 2 tbsp. red tomato, diced
- 1 tbsp. cheddar cheese

### Directions:

1. Spray a skillet with nonstick cooking spray.
2. Heat the skillet on low heat.
3. Whisk eggs and milk until they start to foam, approximately 3 minutes.
4. Pour the beaten eggs into the pan and cover the pan.
5. Cook over medium-low heat for about 4 minutes, until bottom is golden brown and top is set.
6. Sprinkle cheese, onions, and tomato over the top.
7. Fold omelet in half with a spatula.
8. Cook for about 1 more minute.
9. Remove from skillet and serve.

**Serves:** 1