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Killer Omelets

- 6 egg whites (or you can use the yolks, 3 whole eggs)
- a small onion
- a green pepper
- 1-2 slices Kraft fat free cheddar cheese (optional, but highly recommended)
- Ketchup (optional)
- Mushrooms (optional)
- Jalapenos (optional)
- Zucchini

Chop up onion into small pieces. Cut green peppers into thin strips. Spray pan with non-stick, olive oil spray. Set heat to medium. Toss the onions and green peppers in and brown them. Once the vegetables are browned, put them on a plate. Pour you eggs into the already hot pan. After teh intial sizzle, the heat down and cover teh pan. This will allow the eggs to cook all the way through so you can flip it. Once the eggs are no longer runny, flip the omelet. After the omelet is flipped, let it cook for a minute. Put the vegetables on one half of the omelet. If you are going to add cheese and/or ketchup, put them over the vegetables. Fold the other side of the omelet over the vegetables, turn off the heat, and cover so the cheese can melt.