

# Baked Denver Omelet



My family loves omelets, and this is a quick and easy one. These directions are for a Denver omelet, but experiment with other ingredients to make your favorite.

**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

2 tablespoons butter

½ onion, chopped

½ green bell pepper, chopped

1 cup chopped cooked ham

8 eggs

¼ cup milk

½ cup shredded Cheddar cheese

salt and ground black pepper to taste

## Directions

### Step 1

Preheat oven to 400 degrees F (200 degrees C). Grease a 10-inch round baking dish.

### Step 2

Melt butter in a large skillet over medium heat; cook and stir onion and bell pepper until softened, about 5 minutes. Stir in ham and continue cooking until heated through, 5 minutes more.

### Step 3

Beat eggs and milk in a large bowl. Stir in Cheddar cheese and ham mixture; season with salt and black pepper. Pour mixture into prepared baking dish.

### Step 4

Bake in preheated oven until eggs are browned and puffy, about 25 minutes. Serve warm.

## Nutrition Facts

### Per Serving:

345 calories; protein 22.4g; carbohydrates 3.6g; fat 26.8g; cholesterol 380.8mg; sodium 711.8mg.

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