

# Easy Oven Western Omelet by Lynn's Recipes

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LynnsRecipes.com

Lynn demonstrates how to make a great breakfast, brunch, lunch or dinner omelet. You can change this up with different vegetables, meats, etc. to make it your own. From Parade Magazine. Makes 10 servings.

## Ingredients:

- 4 green onions, thinly sliced
- 1/4 cup red bell pepper, diced\*
- 1/4 cup orange bell pepper, diced\*
- 2 Tablespoons butter
- 10 large eggs
- 1 cup half & half
- 3 Tablespoons sour cream
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon nutmeg
- 8 ounces cooked ham, cubed or diced
- 2 cups shredded Monterey Jack cheese

Preheat oven to 350°. Spray a 2 quart baking dish with cooking spray and set aside.

In a small saucepan, melt the butter and sauté the sliced green onions, red bell pepper and orange bell pepper. Season with seasoned salt and black pepper to taste. Sauté for about 2 minutes or until softened.

In a blender, blend together the eggs, half & half, sour cream, seasoned salt, black pepper and

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nutmeg.

Pour 1/2 of the egg mixture into the prepared baking dish. Sprinkle evenly with the cooked green onions, bell peppers and diced ham. Top with 1 cup of the shredded cheese. Pour the remaining eggs on top.

Bake for 40 minutes then sprinkle with the remaining 1 cup of the Monterey Jack cheese. Continue to bake for another 5-10 minutes until the center is set when gently shaken. Rest for 5 minutes before serving.

\*Can substitute green or yellow bell peppers if desired.

\* [Link to Vitamix Blender](#)

\*Affiliate Link

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