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## [Border Omelet Sandwich](#)



[100% Whole Wheat](#)

Who says omelets are just for breakfast? We put a ham, jalapeño, mushroom and onion omelet between slices of 100% Whole Wheat Specialty Bread to create a hearty dinner.

**Total Time:**

20  
MIN

**Number of Ingredients:**

10

**Servings:**

1

**Level:**

Medium

**Ingredients:**

3 slices Nature's Own 100% Whole Wheat Bread, toasted

1 1/2 tablespoons chopped ham

1/2 to 1 jalapeño pepper, finely chopped

1 large mushroom, chopped

1 tablespoon minced onion

2 eggs, beaten

1 teaspoon vegetable oil or butter

mayonnaise or salad dressing

2 slices American cheese

salt and black pepper to taste

**Instructions:**

Heat oil in small skillet over medium heat.

Add ham, jalapeño, mushroom and onion

Cook and stir until vegetables are tender; do not overcook.

Spread ingredients evenly over surface of skillet.

Add eggs; cook until set.

Turn omelet to cook other side.

Remove from skillet to plate or cutting board; cut in half.

Spread 1 side of each bread slice with mayonnaise.

Top 1 bread slice with 1 cheese slice and half of omelet; season with salt and black pepper.

Place another bread slice on top; layer with remaining cheese, omelet, salt, black pepper and bread slice.

Slice diagonally into 4 triangles.

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