Savory Three-Egg Mushroom Omelette

A protein-packed, low-carb omelette bursting with earthy mushrooms, perfect for a healthy and satisfying meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 3 large eggs
- 1 cup sliced mushrooms (white or cremini)
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 2 tablespoons shredded low-fat cheese (optional)
- Salt to taste
- Freshly ground black pepper to taste
- 1 tablespoon chopped fresh parsley (optional)

Instructions

1. Heat olive oil and butter in a non-stick skillet over medium heat.
2. Add sliced mushrooms and cook until golden and tender, about 5 minutes.
3. In a bowl, whisk the eggs with salt and pepper.
4. Pour the eggs over the mushrooms in the skillet, spreading evenly.
5. Cook gently until eggs start to set, about 2-3 minutes.
6. Sprinkle cheese on one half of the omelette, if using.
7. Using a spatula, fold the omelette in half and cook another minute until cheese melts and eggs are fully set.
8. Slide the omelette onto a plate, garnish with parsley, and serve immediately.

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