# Protein-Packed Veggie Omelette

*A low-carb, high-protein omelette loaded with fresh spinach, mushrooms, and bell peppers—perfect for a healthy, energy-boosting breakfast.*

**Servings:** 2 **Time:** 15 minutes

## Ingredients

- 4 large eggs
- 1/2 cup fresh spinach, chopped
- 1/3 cup mushrooms, sliced
- 1/3 cup red bell pepper, diced
- 1 tablespoon olive oil
- 1/4 cup shredded low-fat cheddar cheese (optional)
- Salt to taste
- Black pepper to taste
- Cooking spray or extra olive oil for the pan

## Instructions

1. Crack the eggs into a bowl, season with salt and black pepper, and whisk until smooth.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add mushrooms and bell peppers to the skillet and sauté for 3-4 minutes until softened.
4. Add spinach to the skillet and cook for an additional 1 minute until wilted.
5. Pour the beaten eggs evenly over the veggies, reducing heat to low.
6. Sprinkle cheese evenly on top, if using.
7. Cover the skillet with a lid and cook for 4-5 minutes until the eggs are set and cooked through.
8. Gently slide the omelette onto a plate, fold if desired, and serve warm.

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