Zesty Onion and Bell Pepper Omelette

A protein-packed, low-carb omelette loaded with sweet sautéed onions and colorful bell peppers for a flavorful morning boost.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large eggs
- 1/4 cup onion, thinly sliced
- 1/4 cup red bell pepper, diced
- 1/4 cup green bell pepper, diced
- 1 tbsp olive oil
- Salt, to taste
- Black pepper, to taste
- 1 tbsp shredded cheddar cheese (optional)

Instructions

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add onions and bell peppers, sauté for 5 minutes until soft and slightly caramelized. Remove from skillet and set aside.
3. In a bowl, whisk eggs with salt and pepper until smooth.
4. Pour eggs into the same skillet, cook on medium-low heat until edges start to set, about 2 minutes.
5. Spoon the sautéed vegetables evenly over one half of the omelette.
6. Sprinkle shredded cheddar cheese on top if desired.
7. Carefully fold the omelette in half and cook for another 1-2 minutes until fully set.
8. Slide omelette onto a plate and serve hot.

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