Fluffy Mushroom & Cheese Omelet

Light and airy eggs folded with savory sautéed mushrooms and melted cheese, perfect for a high-protein, low-carb breakfast.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large eggs
- 1/4 cup milk
- 1/2 cup sliced mushrooms
- 1/4 cup shredded cheddar cheese
- 1 tbsp olive oil
- Salt to taste
- Black pepper to taste
- 1 tsp butter

Instructions

1. Whisk eggs with milk, salt, and pepper until fluffy.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add sliced mushrooms and sauté for 4-5 minutes until tender and golden.
4. Remove mushrooms from skillet and set aside.
5. Reduce heat to low, add butter to skillet.
6. Pour egg mixture into skillet, cook gently without stirring until edges start to set.
7. Sprinkle sautéed mushrooms evenly over one half of the eggs.
8. Add shredded cheddar cheese on top of mushrooms.
9. Carefully fold the omelet in half and cook for another 1-2 minutes until cheese melts and eggs are cooked through.
10. Slide omelet onto plate and serve immediately.

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