# Savory Mushroom Cheese Omelette

*A protein-packed, low-carb omelette loaded with sautéed mushrooms and melted cheese, perfect for a nutritious weight-loss meal.*

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

## Ingredients

- 4 large eggs
- 1 cup sliced mushrooms
- 1/4 cup shredded cheddar cheese
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 tablespoon chopped fresh parsley (optional)

## Instructions

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add sliced mushrooms and sauté for 4-5 minutes until soft and golden. Remove from skillet and set aside.
3. In a bowl, whisk eggs with salt and pepper until combined.
4. Pour eggs into the same skillet over medium-low heat, spreading evenly.
5. When eggs start to set but are still slightly runny on top, evenly distribute the sautéed mushrooms over one half.
6. Sprinkle shredded cheddar cheese over the mushrooms.
7. Fold the omelette in half and cook for another 1-2 minutes until cheese melts and eggs are fully set.
8. Slide the omelette onto a plate and garnish with chopped parsley if desired. Serve immediately.

powered by dishgen