

High-Protein Veggie Omelet with Crispy Garlic Potatoes

Broccoli & Cheese Omelet with Garlic Roasted Potatoes ??



OVEN
425°F

TIME
30 min

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Recipe Card

SAVE
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INGREDIENTS

For the Broccoli & Cheese Omelet:

- 3 large eggs
- 1 tbsp milk (optional, for fluffiness)
- $\frac{1}{2}$ cup broccoli florets, chopped
- $\frac{1}{2}$ cup shredded cheddar cheese
- 1 tbsp crumbled feta cheese (optional)
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{2}$ tsp red pepper flakes (optional)
- 1 tsp butter or olive oil

For the Garlic Roasted Potatoes:

- 1 $\frac{1}{2}$ cups baby potatoes, halved
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp smoked paprika
- 1 tsp fresh parsley, chopped

Instructions:

- 1 Prepare the Roasted Potatoes:
- 2 Make the Omelet:
- 3 Serve:

Tips for Breakfast Success:

Serving Suggestions:

- A glass of fresh orange juice or a green smoothie
- A slice of buttered toast or sourdough
- Sheet pan quesadillas if serving brunch for a crowd

Cheese-stuffed chicken wontons as a savory sidekick

Storage & Make-Ahead Tips:

Fridge: Store leftovers in airtight containers for up to 3 days.

Reheat: Microwave potatoes for 1-2 minutes or reheat in a skillet. Omelet reheats best on the stovetop over low heat.

Make-ahead: Roast the potatoes the night before and reheat for a quick morning meal.

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DIRECTIONS

1. Prepare the Roasted Potatoes: Preheat oven to 425°F (220°C). In a bowl, toss the halved baby potatoes with olive oil, garlic powder, smoked paprika, salt, and black pepper. Spread them on a baking sheet in a single layer. Roast for 25-30 minutes, flipping halfway through, until crispy and golden. Garnish with fresh parsley.
2. Make the Omelet: In a bowl, whisk together eggs, milk, salt, and pepper. Heat butter or oil in a non-stick pan over medium heat. Sauté chopped broccoli for 1-2 minutes until slightly tender. Pour in the egg mixture and cook undisturbed for 2-3 minutes until the edges are set. Sprinkle with cheddar and feta, fold the omelet in half, and cook for 1 more minute until cheese is melted and the omelet is cooked through.
3. Serve: Plate the omelet alongside the roasted potatoes. Sprinkle red pepper flakes if you want a bit of heat. Serve hot and enjoy!
4. Tips for Breakfast Success: ? Cut your potatoes small so they crisp up quickly and evenly.? Steam or microwave broccoli for 30 seconds before sautéing if you like it extra tender.? Use a non-stick pan and low-medium heat to avoid burning the eggs.? Want more protein? Add cooked turkey sausage or bacon to the omelet filling.
5. Serving Suggestions: This recipe pairs perfectly with:
6. A glass of fresh orange juice or a green smoothie
7. A slice of buttered toast or sourdough
8. Sheet pan quesadillas if serving brunch for a crowd
9. Cheese-stuffed chicken wontons as a savory sidekick

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13. **More Recipes You'll Love:** For more satisfying breakfast and brunch ideas, try these:
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17. These : [Chicken Enchiladas Are My Go-To for Cozy, Crowd-Pleasing Dinners](#)
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19. **Final Thoughts:** This Broccoli & Cheese Omelet with Garlic Roasted Potatoes is the kind of breakfast that fuels your body and satisfies your cravings. It's hearty without being heavy, rich without being greasy, and packed with nutrients and flavor in every bite.
20. **Tried it?** Tag your creations and share your twist. From quick breakfasts to weekend brunches, this recipe brings balance and bold flavor to your table.
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