

## Mushroom & Cheese Omelette with SautØed Peppers - A Colorful High-Protein Breakfast

Start your morning with color, flavor, and fuel! This



**TIME**  
**15 min**

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### INGREDIENTS

For the Omelette:

3 large eggs

1/4 cup shredded cheese (cheddar, mozzarella, or your favorite blend)

1/4 cup mushrooms, sliced

1 tbsp butter

Salt and pepper, to taste

For the SautØed Veggies:

1/4 cup red bell pepper, diced

1/4 cup yellow bell pepper, diced

1/4 cup green bell pepper, diced

1/4 small onion, sliced

1 tbsp olive oil

Salt, pepper, and garlic powder, to taste

Ingredient Swaps & Notes:

Cheese: Feel free to try feta, Swiss, or pepper jack for a different flavor kick.

Veggies: Don't stop at peppers - spinach, kale, or zucchini work beautifully too.

Low-fat Option: Swap full eggs for 2 egg whites and 1 whole egg to lighten it up.

Meal-prep: Dice extra veggies to store in the fridge for quick future meals.

Step-by-Step Instructions:

1 Prep the SautØed Veggies:

2 Make the Omelette:

3 Plate & Serve:

Tips for Success:

Low & Slow: Cooking eggs on medium-low heat prevents rubbery textures and gives that perfect soft bite.

Even Slicing: Uniform veggie cuts help everything cook evenly - no raw bits here!

Fold Gently: Don't overhandle your omelette when flipping - use a wide spatula for support.

Serving Suggestions & Pairings:

The Viral Cottage Cheese Pancake Everyone's Talking About - light and fluffy!

This One-Pan Breakfast Bake - for feeding the whole family

Blueberry Lemonade - bright and hydrating

3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - meal-prep friendly

Monster Cookie Energy Balls - grab-and-go boost

Storage & Leftover Tips:

Refrigerator: Store leftover veggies or omelette halves in an airtight container for up to 3 days.

Reheat: Gently warm in a skillet or microwave.

Avoid overheating to keep the eggs tender.

## DIRECTIONS

1. **Prep the SautØed Veggies:** In a skillet, heat olive oil over medium heat. Add diced bell peppers, mushrooms, and onion. SautØ for 5-6 minutes, stirring occasionally, until tender and slightly caramelized. Season with salt, pepper, and a pinch of garlic powder. Set aside.
2. **Make the Omelette:** In a bowl, whisk the eggs with salt and pepper. Melt butter in a nonstick skillet over medium-low heat. Pour in the eggs and let cook undisturbed for a minute until the edges start to set. Sprinkle the mushrooms and shredded cheese on one half. Gently fold the omelette and cook for 1-2 minutes more until cheese is melty and the eggs are set.
3. **Plate & Serve:** Slide the omelette onto a plate and spoon the sautØed veggies alongside. Garnish with chopped chives or hot sauce if you like a kick!
4. **Tips for Success: Low & Slow:** Cooking eggs on medium-low heat prevents rubbery textures and gives that perfect soft bite.
5. **Even : Slicing:** Uniform veggie cuts help everything cook evenly - no raw bits here!
6. **Fold : Gently:** Don't overhandle your omelette when flipping - use a wide spatula for support.
7. **Serving Suggestions & Pairings:** Balance your breakfast table with a few crowd-pleasers:
8. **The :** Viral Cottage Cheese Pancake Everyone's Talking About - light and fluffy!
9. **This :** One-Pan Breakfast Bake - for feeding the whole family

10. Blueberry : Lemonade - bright and hydrating
11. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - meal-prep friendly
12. Monster : Cookie Energy Balls - grab-and-go boost
13. Storage & Leftover Tips: Refrigerator: Store leftover veggies or omelette halves in an airtight container for up to 3 days.
14. Reheat: Gently warm in a skillet or microwave. Avoid overheating to keep the eggs tender.
15. Make : Ahead: Dice veggies and whisk eggs the night before to streamline your morning.
16. More Recipes You'll Love: If this veggie-loaded dish speaks to your soul, you'll also love these:
17. This : One-Pan Breakfast Bake Will Make You Skip
18. The : Viral Cottage Cheese Pancake Everyone's Talking About
19. These : No-Bake Monster Cookie Energy Balls
20. Final Thoughts: This Mushroom & Cheese Omelette with SautØed Peppers brings together nourishment, flavor, and simplicity - everything a great breakfast should be. Whether it's a solo morning or part of a weekend spread, this dish earns a permanent spot on your morning menu.
21. ? Did you try it? Leave a comment and follow along for more nourishing, easy meals at ChefManiac.com!

## SWAPS & NOTES

Cheese: Feel free to try feta, Swiss, or pepper jack for a different flavor kick.

Veggies: Don't stop at peppers - spinach, kale, or zucchini work beautifully too.

Low-fat Option: Swap full eggs for 2 egg whites and 1 whole egg to lighten it up.

Meal-prep: Dice extra veggies to store in the fridge for quick future meals.

## TIPS FOR SUCCESS

Low & Slow: Cooking eggs on medium-low heat prevents rubbery textures and gives that perfect soft bite.

Even Slicing: Uniform veggie cuts help everything cook evenly - no raw bits here!

Fold Gently: Don't overhandle your omelette when flipping - use a wide spatula for support.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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