

Quick & Healthy Spinach and Cheese Omelette for Busy Mornings

Looking for a quick, healthy, and incredibly flavorful way to start your day? This



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2 min

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INGREDIENTS

1 tbsp oil (olive oil or your preferred cooking oil)
3 cloves garlic, finely minced
1/2 onion, finely diced
2 cups fresh spinach
3 eggs, large
1 slice cheese (cheddar, provolone, mozzarella, or your favorite)
1 tomato, sliced (for serving)
Pinch sea salt
Pinch black pepper

Swaps and Notes:

Oil: Olive oil is a great choice, but you can use butter for a richer flavor, or any other cooking oil you prefer.

Garlic & Onion: Freshly minced garlic and finely diced onion are key for building flavor. You can adjust the amounts to your taste.

Fresh Spinach: Baby spinach works well and wilts quickly. Frozen spinach (thawed and squeezed very dry) can be used in a pinch.

Eggs: Large eggs are standard. For a fluffier omelette, you can add a tiny splash (1-2 teaspoons) of milk or water to the whisked eggs.

Cheese: A single slice of your favorite melting cheese is convenient, but you can also use shredded cheese (about 1/4 cup). Cheddar, provolone, Swiss, or mozzarella are great choices.

Tomato: Sliced fresh tomato on the side adds a lovely fresh, acidic contrast.

Seasoning: Salt and freshly cracked black pepper are essential. A tiny pinch of red pepper flakes can add a subtle kick.

DIRECTIONS

1. Let's whip up this quick and delicious : Spinach & Cheese Omelette!
2. Prep : Ingredients: Finely mince 3 cloves of garlic. Finely dice 1/2 of an onion. Get your 2 cups of fresh spinach ready. In a medium bowl, crack 3 large eggs, season with a pinch of sea salt and a pinch of black pepper, and whisk together until well combined and slightly frothy. Slice 1 tomato for serving.
3. SautØ Aromatics & Spinach: Heat a nonstick fry pan over medium heat and add in 1 tablespoon of oil. After about 2 minutes, when the oil is shimmering, add in the diced onions and minced garlic. Mix them with the oil and sautØ for about 3 minutes until the onions begin to soften and become translucent. Add the 2 cups of fresh spinach to the pan and continue to mix until the spinach has completely wilted (this should take about 2 minutes). Season the vegetables with a pinch of salt and some freshly cracked black pepper.
4. Pour : Eggs & Cook Omelette: Quickly give the sautØed vegetables one last mix to combine, and then pour the whisked egg mixture evenly over the vegetables in the pan. Let it cook undisturbed for about 1 minute.
5. Fold and : Melt Cheese: After 1 minute, use a heatproof spatula to gently run along the outer edges of the omelette, ensuring it's not sticking to the pan. After another 2 minutes (total 3 minutes of cooking eggs on the first side), add a slice of cheese over one half of the omelette. Gently fold the other half of the omelette over the cheese. Cook for an additional 30 seconds to allow the cheese to melt slightly.

6. Final : Flip & Serve: Carefully flip the folded omelette over. Cook for another 30 seconds on the other side to ensure even cooking and browning. Transfer the cooked omelette to a serving dish next to some sliced fresh tomatoes. Enjoy your warm, cheesy, and flavorful omelette!

SWAPS & NOTES

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Garlic & Onion: Freshly minced garlic and finely diced onion are key for building flavor.

You can adjust the amounts to your taste.

Fresh Spinach: Baby spinach works well and wilts quickly.

TIPS FOR SUCCESS

Nonstick Pan: A good quality nonstick pan is essential for an omelette that doesn't stick and flips easily.

Don't Overcrowd the Pan: This recipe is for one omelette.

If making multiple, cook them individually or use a larger pan and scale ingredients appropriately for multiple servings.

Too high, and the eggs will burn; too low, and they'll take too long to set.

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