

## Cheesy Omelette with Avocado Slices: Your New Go-To High-Protein Breakfast

cheesy omelette with fresh avocado



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### INGREDIENTS

3 large eggs  
1 tbsp milk or water (for fluffiness)  
Salt & pepper to taste  
1 tsp butter or oil  
... cup shredded cheese (cheddar, mozzarella, or a blend)  
1 ripe avocado, sliced

Optional: paprika or parsley for garnish

Swaps and Notes:

**Eggs:** For a richer flavor, you can use a combination of whole eggs and egg whites. This also works with egg substitutes if you prefer.

**Milk/Water:** The milk or water is key to a fluffy omelette. Don't skip this step! For a creamier texture, heavy cream or a plant-based milk like almond milk works well too.

**Cheese:** I love using a sharp cheddar for a bold flavor or a mozzarella for a nice, gooey melt. Feel free to use a Mexican blend, Swiss, or feta-whatever you have on hand.

**Avocado:** Make sure your avocado is ripe but not overripe. A perfectly ripe avocado will be slightly soft to the touch. You can also mash the avocado and spread it on top of the omelette instead of slicing it.

**Herbs and Spices:** Don't be afraid to add a pinch of garlic powder, onion powder, or a dash of hot sauce to the eggs before you whisk them.

#### How to Make It:

**Whisk the Eggs:** Crack the eggs into a medium-sized bowl. Add the milk or water, a pinch of salt, and a generous amount of black pepper. Whisk until the mixture is frothy and light in color. This is your secret to a fluffy, golden omelette every time.

**Cook the Omelette:** Place a non-stick skillet over medium heat. Add the butter or oil and let it melt until it sizzles. Pour the egg mixture into the pan and let it set for about 30 seconds. As the edges begin to cook, use a spatula to gently push the cooked egg toward the center, tilting the pan to allow the uncooked egg to flow underneath.

**Add the Cheese:** Once the eggs are mostly set but still slightly moist on top, sprinkle the shredded cheese over one half of the omelette. Use your spatula to gently fold the other half over the cheese.

**Finish Cooking:** Cook for another minute or so, until the cheese is gooey and melted and the omelette is cooked to your liking.

**Slice the Avocado:** While the omelette is cooking, slice your ripe avocado. You can fan the slices out on your plate or simply arrange them alongside the finished omelette. A pinch of salt on the avocado enhances its flavor.

**Plate & Enjoy:** Carefully slide the omelette onto your plate next to the avocado slices. Garnish with a sprinkle of paprika or fresh parsley if desired. Serve immediately and enjoy!

#### Tips for Success:

**Non-Stick Pan:** A good quality non-stick skillet is your best friend here. It ensures the omelette doesn't stick and makes the folding process a breeze.

**Medium Heat:** Don't cook the eggs over high heat. This will cause them to brown too quickly and become tough. Medium heat is key for a tender, fluffy omelette.

**Don't Overcook:** The omelette should be cooked until just set. A slightly moist top is okay because the residual heat will finish cooking it after you take it off the stove.

**Butter is Better:** While oil works, a little bit of butter adds a rich, savory flavor that's hard to beat.

#### Serving Suggestions and Pairings:

#### Nutritional Information (Per Serving):

Calories: Approximately 350-400

Protein: 20-25g

Fat: 25-30g

Carbohydrates: 5-10g

#### Storage and Leftover Tips:

#### More Recipes You Will Love:

Final Thoughts:

## DIRECTIONS

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10. **Butter is : Better:** While oil works, a little bit of butter adds a rich, savory flavor that's hard to beat.
11. **Serving Suggestions and Pairings:** This omelette is fantastic on its own, but you can elevate it with a few simple additions. Serve it with a side of toasted sourdough bread or a few slices of crispy bacon. For a simple and refreshing drink pairing, a glass of This Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days is a perfect match. If you're making this for a special occasion, serving it with a side of fresh fruit or a simple green salad with a light vinaigrette can make it feel extra special.
12. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
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17. This breakfast is a fantastic source of protein, healthy monounsaturated fats from the avocado, and a variety of vitamins and minerals. It's a meal that truly nourishes your body.
18. **Storage and Leftover Tips:** Omelettes are best enjoyed fresh, right off the skillet. However, if you have leftovers, you can store them in an airtight container in the refrigerator for up to 2 days. To reheat, I recommend warming it gently in a non-stick pan over low heat or in the microwave for 30-60 seconds. Add the fresh avocado slices just before serving, as they don't store well once sliced.
19. **More Recipes You Will Love:** If you loved this simple, delicious recipe, I have a feeling you'll enjoy some of my other crowd-pleasing favorites. For a fast and easy dinner, try my recipe for These Sheet Pan Quesadillas are My Favorite Way to Feed a Crowd Fast. Or, for a party appetizer that everyone will be talking about, my This Crockpot Nacho Dip is the Reason I Never Have Leftovers is always a hit. And for a truly elegant appetizer, you can't go wrong with This Baked Brie Appetizer is My Favorite Effortless Way to Impress Guests.
20. **Final Thoughts:** This cheesy omelette with fresh avocado has earned its spot as a go-to breakfast in my house, and I hope it does in yours, too. It's a simple recipe with a huge payoff in flavor and satisfaction.
21. I'd love to hear how you customized this recipe! Did you add any different veggies or spices? Let me know in the comments below. And if you're looking for more easy, delicious recipes that are perfect for any occasion, be sure to follow me on social media. Happy cooking!

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

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