

Ham, Cheese & Veggie-Loaded Omelette for a Quick Protein-Packed Breakfast

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INGREDIENTS

2 to 3 large eggs
1/4 cup chopped red bell pepper
1/4 cup sliced mushrooms
1/4 onion, chopped
1/4 cup fresh spinach
1/4 cup shredded cheese, mozzarella or cheddar blend
1 teaspoon olive oil or butter
Salt, to taste
Black pepper, to taste
Chili flakes, to taste
Dried parsley, optional for garnish
Pieces of your favorite ham

DIRECTIONS

1. SautØ the vegetables and ham: In a skillet, heat the olive oil or butter over medium heat. Add the ham, mushrooms, onion, and red bell pepper. Cook until the vegetables are tender and the ham is lightly warmed and slightly browned.
2. Add the spinach last and cook just until wilted. Remove the mixture from the pan if needed and set aside briefly.
3. Beat and season the eggs: Crack the eggs into a bowl and beat them well. Season with salt, black pepper, and chili flakes to taste.
4. Cook the eggs: Pour the beaten eggs into a nonstick skillet over medium to medium-low heat. Swirl the pan so the eggs spread evenly across the bottom.
5. Let the eggs cook until they begin to set but still look slightly soft on top.
6. Add the filling: Place the sautØed ham and vegetable mixture on one side of the omelette. Sprinkle the shredded cheese over the filling.
7. Fold and finish: Once the cheese begins to melt and the eggs are mostly set, gently fold the other half of the omelette over the filling.
8. Cook for another minute or two, just until the cheese is melted and the omelette is cooked through but still tender.
9. Serve hot: Slide the omelette onto a plate. Garnish with dried parsley if desired and serve immediately.

SWAPS & NOTES

This recipe is wonderfully adaptable, which is one of the reasons it is so useful.

Cheddar gives the omelette a bolder flavor, while mozzarella creates more of that soft, melty stretch.

A blend of the two works beautifully as well.

Ham adds savory flavor and extra protein, but you can adjust the amount depending on how hearty you want the omelette to be.

TIPS FOR SUCCESS

Cook the filling before adding it to the eggs.

This keeps the vegetables tender and ensures the ham is heated through without overcooking the omelette itself.

A gentler heat helps the eggs stay soft and fluffy instead of turning rubbery or browned.

Be careful not to overfill the omelette.

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Original recipe: <https://chefmaniac.com/ham-cheese-veggie-loaded-omelette-for-a-quick-protein-packed-breakfast/>