

Low-Carb Breakfast Skillet

Start your day with this delicious and healthy low-carb breakfast skillet. Packed with eggs, cheese, olives, onions, and peppers, it's a satisfying and flavorful way to fuel your morning.



Breakfast Dish

American

15 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 2 eggs
- 1/4 cup shredded cheese
- 4-5 black olives, sliced
- 1/4 small onion, diced
- 1/4 bell pepper, diced
- Salt and pepper to taste
- Cooking oil

Steps

- 1 Heat a non-stick skillet over medium heat and add a bit of cooking oil.
- 2 Add the diced onion and bell pepper to the skillet and sauté until softened.
- 3 Crack the eggs into the skillet, making sure to keep them separate.
- 4 Sprinkle the shredded cheese, olives, salt, and pepper over the eggs and vegetables.
- 5 Cover the skillet and cook for about 3-4 minutes, or until the eggs are cooked to your desired doneness.
- 6 Carefully transfer the skillet to a serving plate and enjoy while hot.