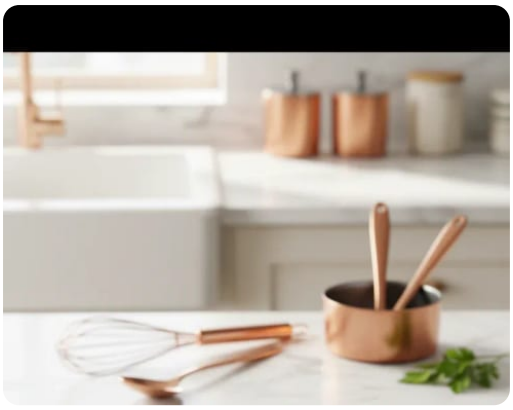

Bite Spoon

Cabbage Omelet Quick and Easy Recipe

10 min Prep time	**10 min** Cook time	**20 min** Total time
1 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Omelet

- [ ] 3 large eggs
- [ ] 2 cups thinly sliced green cabbage
- [ ] 1/4 cup finely chopped yellow onion
- [ ] 2 tablespoons milk or water (optional, for fluffier eggs)
- [ ] 1/4 teaspoon salt
- [ ] 1/4 teaspoon black pepper
- [ ] 1 tablespoon butter or neutral oil
- [ ] Optional: 2 tablespoons shredded cheese (cheddar, mozzarella)

For Serving (Optional)

- [ ] Fresh parsley or chives, chopped
- [ ] Hot sauce or a dollop of sour cream

Instructions

1. In a medium bowl, whisk the eggs with the milk (if using), salt, and pepper until well combined and slightly frothy. Set aside.
2. Heat the butter or oil in an 8 or 10-inch non-stick skillet over medium heat. Add the chopped onion and sauté for 2-3 minutes until it starts to soften and become translucent.
3. Add the thinly sliced cabbage to the skillet. Sauté for 4-5 minutes, stirring occasionally, until the cabbage has wilted and softened significantly. It should be tender but not browned.
4. Spread the cabbage and onion mixture evenly across the bottom of the skillet. Pour the beaten egg mixture evenly over the top, tilting the pan to cover the vegetables.
5. Let the omelet cook undisturbed for 3-4 minutes, or until the bottom is set and golden brown. You can optionally cover the skillet with a lid to help the top cook through more evenly.
6. If adding cheese, sprinkle it over one half of the omelet. Carefully slide a spatula under one side and fold the omelet in half. Cook for another 1-2 minutes to melt the cheese and ensure the center is cooked. Alternatively, you can flip the entire omelet to cook the other side.
7. Slide the finished omelet onto a plate. Garnish with fresh herbs if desired and serve immediately.

Nutrition per serving

280 kcal	20 g	8 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a crispier edge, use a little extra butter or oil.
- This recipe is easily doubled; use a larger skillet to accommodate.
- Leftovers can be refrigerated for up to 2 days, though best fresh.