

4g ⌚ 20 m | Easy

Keto Caprese omelet

Soft mozzarella, ripe tomatoes, and fresh basil, yes please! In an omelet — even better! This super-easy, keto dish works for breakfast, lunch or dinner, and is sure to be a new fave. So get out your frying pan... Italy, here we come!



2 Servings

Ingredients

6 eggs

salt and pepper

1 tbsp chopped fresh basil or 1 tsp dried basil

2 tbsp olive oil

3 oz. cherry tomatoes cut in halves or tomatoes cut in slices

5 oz. (1¼ cups) fresh mozzarella cheese, diced or sliced

Instructions

- 1 Crack the eggs into a mixing bowl, add salt and black pepper to taste.
- 2 Whisk well with a fork until fully combined. Add basil and stir.
- 3 Heat oil in a large frying pan over medium heat. Fry the tomatoes for a few minutes.
- 4 Pour the egg batter over the tomatoes. Wait until the batter is slightly firm before adding the mozzarella cheese.
- 5 Lower the heat and cook until the omelet has set. Serve right away and enjoy!