

Breakfast Bagel



These breakfast bagels are perfect for busy mornings or for meal prep ahead of time. They offer a high protein content thanks to the fluffy cottage cheese and vegetable omelette, which helps promote satiety and sustained energy. They reheat easily and make a practical, balanced, and satisfying breakfast. An option approved by our dietitians! For even more inspiration, discover our [10 quick and nourishing breakfasts](#).

Preparation 10 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 415

Fat 11

Carbohydrates 54

Fibre 5

Protein 25

Sodium 780

Ingredients

- Cooking spray
- 6 large eggs
- 125 ml (½ cup) 2% cottage cheese
- Salt and pepper, to taste

- 250 ml (1 cup) spinach, coarsely chopped
- 2 green onions, chopped
- 6 whole wheat bagels, cut in half
- 6 slices light cheese (20 g each)

Preparation

1. Preheat the oven to 350 °F (180 °C). Lightly grease a square or rectangular Pyrex dish.
2. In a medium bowl, whisk the eggs with the cottage cheese, salt, and pepper. Stir in the vegetables.
3. Pour the mixture into the Pyrex dish and smooth the surface.
4. Bake for 25 minutes, until the center is set.
5. Let cool slightly, then cut the omelette into 6 equal squares.
6. Meanwhile, slice the bagels in half and toast them*.
7. Top each bottom half with a square of omelette and a slice of cheese. Close the bagels.
8. Serve immediately or let cool completely before freezing individually.

Notes

Keeps 3 days in the refrigerator or 3 months in the freezer.

*If you plan to freeze this recipe, skip the toasting step and warm the bagels directly in a small oven or air fryer.



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