

Grab-and-Go Omelet Jar



Here's a quick and original recipe, perfect for busy mornings: an omelette in a jar! Our dietitians love suggesting this type of simple, nourishing, and satisfying breakfast. Paired with a slice of whole grain bread and some fruit, it provides a great source of fibre and protein—ideal for maintaining steady energy until lunchtime, without compromising freshness or flavour. For more ideas, check out our [10 quick and nourishing breakfasts](#).

Preparation 5 min
Cooking 1 min
Servings 1
Nutrition Facts (per serving)
Calories 285
Fat 21
Carbohydrates 5
Fibre 4
Protein 18
Sodium 265

Ingredients

- 2 eggs
- 15 ml (1 tbsp) ground flaxseeds
- 15 ml (1 tbsp) crumbled feta cheese
- 5 ml (1 tsp) fresh chives, chopped

- 1 pinch sumac
- Pepper to taste

Topping

- 30 ml (2 tbsp) pumpkin seeds
- 60 ml (1/4 cup) cherry tomatoes, diced
- ½ Lebanese cucumber, cut into small cubes
- Fresh dill, chopped (optional)

Preparation

1. In a Mason jar, beat the eggs with the ground flaxseeds.
2. Add the crumbled feta, chives, sumac, and pepper.
3. Cook in the microwave for 30 seconds. Check doneness and cook for an additional 30 seconds.
4. Add the topping. Let cool slightly before sealing the jar if not eaten immediately.

Notes

Keeps for 3 days in the refrigerator.



Gabrielle Simard – Créatrice culinaire
Culinary Creator