

Breakfast Protein Squares with Eggs, Broccoli and Turkey



I love eggs for breakfast, but I don't always have time to make them. That's why I chose this convenient omelette bar recipe, perfect for a nutritious breakfast on the go, a snack, or even a quick weekday meal.

Preparation 10 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 255

Fat 10

Carbohydrates 19

Fibre 4

Protein 22

Sodium 400

Ingredients

- Cooking spray
- 1 onion, chopped
- 750 ml (3 cups) broccoli florets (fresh or frozen)
- 6 eggs
- 4 egg whites (or 125 ml (½ cup))

- 180 ml (¾ cup) canned lentils, rinsed and drained
- 125 ml (½ cup) oats, ground into flour*
- 3 slices nitrite-free turkey, chopped
- 1.25 ml (¼ tsp) paprika
- 1.25 ml (¼ tsp) pepper
- 1.25 ml (¼ tsp) garlic powder
- 1.25 ml (¼ tsp) onion powder
- Salt and pepper, to taste

Preparation

1. Preheat the oven to 180°C (350°F) and line a rectangular Pyrex dish with parchment paper.
2. In a skillet, heat the oil and sauté the onion and broccoli for about 5 minutes. Set aside.
3. In a bowl, whisk together the eggs and egg whites, then add the remaining ingredients. Mix well.
4. Pour the mixture into the prepared Pyrex dish and bake for 25 to 30 minutes, or until the centre is set and cooked through.
5. Let cool slightly before cutting into 6 equal portions. Enjoy warm, or let cool completely before freezing individual portions.

Notes

Stores for 5 days in the refrigerator or 3 months in the freezer, tightly wrapped.

*To grind the oats, simply place them in a food processor and blend until fine.



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