



PROTECTIVE AGING & PROTEIN

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MICROWAVEABLE EASY EGG BITES

Ingredients:

- 2 eggs
- ¼ finely chopped bell pepper
- ¼ cup finely chopped onion
- ⅓ cup finely chopped spinach
- 1 tablespoon water (*fluffiness*) OR milk (*creaminess + extra energy*)
- Salt and pepper to taste

Prep and Cook:

1. **Whisk eggs** in a microwave safe bowl of choice. **Add water/milk** and whisk until smooth
2. **Mix in** chopped vegetables, spices, and other ingredients of choice
 - *FYI: firmer vegetables not soften as much in microwave vs oven!*
3. **Heat in microwave** covered for 2 min and 30 sec (*depending on your microwave's watts*)
4. Carefully remove and serve and store away (up to 3 months in freezer)

VEGAN MICROWAVEABLE SCRAMBLED "EGGS"

Ingredients:

- 1 cup crumbled medium/firm tofu (*your preference*)
- ¼ finely chopped bell pepper
- ¼ cup finely chopped onion
- 1 tsp neutral oil (*e.g. canola, vegetable, etc.*)
- ⅓ cup finely chopped spinach
- 1 Tbsp Nutritional yeast
- ⅛ tsp turmeric (*for colour and taste*)
- ¼ tsp Black salt/Kala namak (*optional*)

Prep and Cook:

1. **Crumble tofu** into a microwave safe bowl
 - *your hands can be the best tools!*
2. **Add in** oil, salt, nutritional yeast, turmeric, and chopped vegetables of choice
 - *FYI: firmer vegetables don't cook down too much in microwave vs oven! So they may still be firm.*
3. **Heat in microwave** for 3 minutes covered
4. Carefully remove and serve!



BATCH COOKING/MEAL PREP RECIPES WITH AN OVEN

BATCH COOKED EGG BITES IN MUFFIN TIN

OVEN: MAKES 12 BITES:

<https://tipbuzz.com/freezer-friendly-egg-muffins/>

BATCH COOKED TOFU IN A SHEET PAN-

OVEN :7-10 SERVINGS

<https://nutmegnotebook.com/posts/sheet-pan-tofu-scramble/>