

Eggs Made Easy: 5 Affordable Meals for the Whole Family

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We know it's not always easy to make meals your whole family can enjoy, especially when you're on a budget and strapped for time. To help you out, eggs.ca has compiled 5 of our most deliciously easy budget-friendly meals that are sure to be a hit with everyone.

For more egg recipe inspiration visit eggs.ca.

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Cheesy Scrambled Eggs with Hash Brown Potatoes



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🕒 Prep Time: 15 minutes
🌡️ Cook Time: 10 minutes
🍴 Servings: 4

Nutrition Facts

Per 1/4 recipe

- Calories 460
- Fat 27g
- Saturated Fat 11g
- Trans Fat 0.4g
- Sodium 550mg
- Carbohydrate 34g
- Fibre 4g
- Sugars 4g
- Protein 19g

Cheesy Scrambled Eggs with Hash Brown Potatoes

Your whole family will love waking up to this easy cheesy breakfast.

Ingredients

- 8 eggs
- 1 tbsp (15 mL) water
- 1/2 tsp (2 mL) each salt and pepper
- 2 tbsp (30 mL) butter
- 1/2 cup (125 mL) shredded Cheddar cheese
- 2 tbsp (30 mL) olive oil
- 2 large baked Russet or baking potatoes, peeled and diced
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 1/2 tsp (2 mL) each paprika and dried oregano

Instructions

- ① Whisk eggs with 1 tbsp (15 mL) water, and half of the salt and pepper. In a large nonstick skillet, melt butter over medium-low heat; pour in egg mixture. Cook, stirring, until soft curds start to form, about 3 to 5 minutes. Remove from heat and stir in cheese.
- ② Meanwhile, in separate large nonstick skillet, heat oil over medium-high heat; sauté potatoes, onion, and green and red peppers until vegetables start to soften, 8 to 10 minutes. Stir in paprika, oregano, and remaining salt and pepper. Cook until potatoes are golden and heated through, about 5 minutes. Serve scrambled eggs with potato hash.

Tip: For added flavour, substitute smoked paprika for paprika.

Watch our how-to video at eggs.ca/cheesyscrambledeggs



Egg and Bean Burrito



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🕒 Prep Time: 10 minutes

🌡 Cook Time: 5 minutes

🍴 Servings: 4

Nutrition Facts

Per 1 burrito

- Calories 470
- Fat 24g
- Saturated Fat 10g
- Trans Fat 0.5g
- Sodium 1100mg
- Carbohydrate 40g
- Fibre 7g
- Sugars 2g
- Protein 24g

Egg and Bean Burrito

This easy burrito is an inexpensive way to get a protein filled breakfast on the go.

Ingredients

- 8 eggs
- 1/4 tsp (1 mL) each salt and pepper
- 2 tbsp (30 mL) butter
- 1 cup (250 mL) drained and rinsed canned black beans
- 2 tbsp (30 mL) lime juice
- 4 large whole grain flour tortillas, warmed
- 1/2 cup (125 mL) prepared tomato salsa
- 2 tbsp (30 mL) chopped fresh cilantro
- 1/2 cup (125 mL) shredded Cheddar cheese

Instructions

- ① Whisk eggs with salt and pepper. In a large nonstick skillet, melt butter over medium-low heat; pour in egg mixture. Cook, stirring, until egg mixture starts to form soft curds, about 3 to 5 minutes.
- ② Using potato masher, mash beans with lime juice. Arrange tortillas on clean work surface; spread mashed beans down along centre of each tortilla. Top evenly with salsa, scrambled eggs, cilantro and cheese.
- ③ Fold up bottom of tortillas over filling, then fold in sides and roll up tightly.

Tip: If desired, add 1 tbsp (15 mL) guacamole to each burrito or some avocado slices.

Watch our how-to video at eggs.ca/eggbeanburrito



Kid-Friendly Cobb Salad



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🕒 Prep Time: 20 minutes

🌡 Cook Time: 0 minutes

🍴 Servings: 4

Nutrition Facts

Per 1/4 recipe

- Calories 280
- Fat 15g
- Saturated Fat 5g
- Trans Fat 0.1g
- Sodium 450mg
- Carbohydrate 21g
- Fibre 3g
- Sugars 7g
- Protein 16g

Kid-Friendly Cobb Salad

A salad even your kids will love! The perfect meal for school and work lunches.

Ingredients

- 4 cups (1 L) chopped romaine lettuce
- 1/4 cup (60 mL) prepared Thousand Island dressing
- 4 hard-cooked eggs, peeled and sliced or quartered
- 1/2 pound (250 g) mini red potatoes, cooked and quartered
- 4 slices bacon, cooked and crumbled
- 1 cup (250 mL) halved grape tomatoes
- 1 cup (250 mL) chopped cucumbers
- 1/2 cup (125 mL) corn kernels
- 1/2 cup (125 mL) cubed Swiss cheese

Instructions

- ① Toss lettuce with half of the dressing; arrange on small platter. Top with rows of eggs, potatoes, bacon, tomatoes, cucumbers, corn and cheese. Drizzle with remaining dressing.

Tip: Omit bacon for a vegetarian option.

Watch our how-to video at eggs.ca/cobbsalad



One Bowl Banana & Chocolate Chip Muffins



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- 🕒 Prep Time: 10 minutes
- 🕒 Cook Time: 30 minutes
- 🍴 Servings: 12

Nutrition Facts

Per 1 muffin

- Calories 300
- Fat 13g
- Saturated Fat 2.5g
- Trans Fat 0g
- Sodium 210mg
- Carbohydrate 42g
- Fibre 2g
- Sugars 26g
- Protein 3g

One Bowl Banana & Chocolate Chip Muffins

Wake the kids up with a batch of these tasty and portable treats.

Ingredients

- 3 ripe bananas (about 1 1/3 cups/325 mL) mashed
- 2 eggs
- 1/2 cup (125 mL) vegetable oil
- 1 tsp (5 mL) vanilla
- 1 cup (250 mL) granulated sugar
- 1 1/2 cups (375 mL) all-purpose flour
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1/2 cup (125 mL) chocolate chips

Instructions

- ① Preheat oven to 350°F (180°C). Line 12 muffin cups with paper liners; set aside.
- ② In large bowl, mash bananas; whisk in eggs, oil and vanilla until well blended. Whisk in sugar until combined.
- ③ Stir in flour, baking soda and salt just until combined. Fold in chocolate chips.
- ④ Spoon into prepared muffin cups. Bake until tester comes out clean, about 30 to 35 minutes. Let cool in pan on wire rack for 10 minutes before turning out muffins. Let the muffins cool completely and then store in airtight containers for up to 2 days or freeze for up to 1 month.

Tip: Add a pinch of freshly ground nutmeg to muffins if desired.

Watch our how-to video at eggs.ca/bananachocolatechipmuffins



Savoury Muffins with Spinach, Tomato and Feta Cheese



🕒 Prep Time: 15 minutes
🕒 Cook Time: 20 minutes
🍴 Servings: 12

Nutrition Facts

Per 1 muffin

- Calories 200
- Fat 11g
- Saturated Fat 6g
- Trans Fat 0.5g
- Sodium 380mg
- Carbohydrate 19g
- Fibre 1g
- Sugars 2g
- Protein 5g

Savoury Muffins with Spinach, Tomato and Feta Cheese

These scrumptious muffins make the perfect grab-and-go breakfast on busy mornings.

Ingredients

- 2 cups (500 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- 1/4 tsp (1 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) each pepper, garlic powder and dried oregano
- 2 eggs
- 3/4 cup (175 mL) milk
- 1/2 cup (125 mL) melted butter
- 2 tsp (10 mL) granulated sugar
- 2 cups (500 mL) packed baby spinach, roughly chopped
- 1 Roma or plum tomato, finely chopped
- 1/2 cup (125 mL) finely crumbled feta cheese
- 2 tbsp (30 mL) grated Parmesan cheese

Instructions

- ① Preheat oven to 400°F (200°C). Line 12 muffin cups with paper liners; set aside.
- ② Whisk together flour, baking powder, baking soda, salt, pepper, garlic powder and oregano; set aside. In separate bowl, whisk together eggs, milk, melted butter and sugar until blended; stir into dry ingredients just until combined (do not overmix). Fold in spinach, tomato, feta and Parmesan cheese until combined.
- ③ Spoon into prepared muffin cups. Bake until tester comes out clean, about 20 to 25 minutes; let cool in pan on wire rack for 10 minutes before turning out muffins. Let the muffins cool completely and store in airtight containers and refrigerate for up to 2 days or freeze for up to 1 month.

Tip: Add crumbled bacon for a decadent muffin.

