

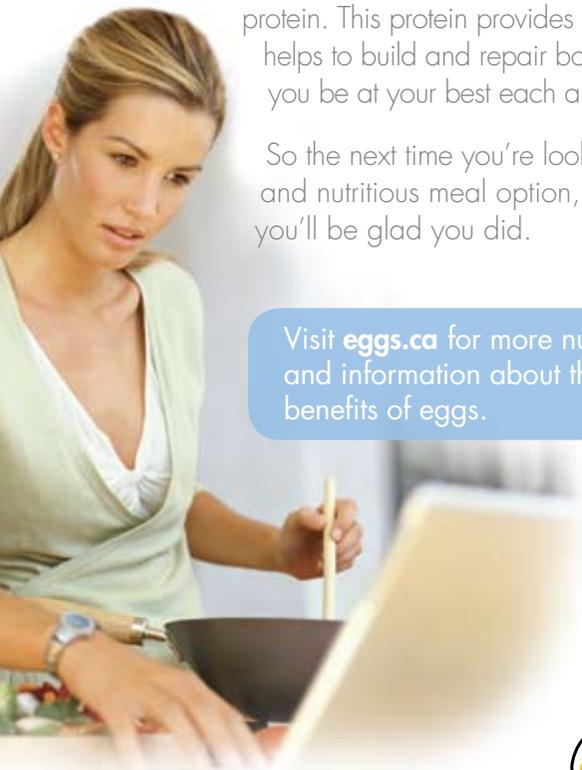
# Looking for a healthy meal option?

## LOOK NO FURTHER THAN EGGS!

Eggs, one of nature's most nutritious foods, are low in saturated fat, do not contain trans fat and are an excellent source of protein, vitamins and minerals. Just one large egg contains only 70 calories and an impressive 6 grams of the highest quality protein. This protein provides lasting energy and helps to build and repair body tissue, helping you be at your best each and every day.

So the next time you're looking for a healthy and nutritious meal option, consider eggs, you'll be glad you did.

Visit [eggs.ca](http://eggs.ca) for more nutritious recipes and information about the healthy benefits of eggs.



These recipes call for large size eggs.



Healthy-E-2010

## LOSE WEIGHT AND KEEP IT OFF WITH EGGS!

The protein in eggs helps with weight loss and maintenance by controlling the rate your body absorbs calories so you feel fuller for longer. Researchers found that those who ate two eggs and toast for breakfast lost 65% more weight and experienced higher energy levels than those who ate a bagel and yogurt for breakfast.<sup>1</sup>

## AN EGG A DAY IS OK!

Experts agree that there's no link between eating eggs and a higher risk of heart disease in healthy adults.\*

## EGGS: WHAT'S IN THEM FOR YOU?

Nutrition Facts	
Per 1 large egg (53 g)	
Amount	% Daily Value
<b>Calories</b> 70	
<b>Fat</b> 5 g	<b>8 %</b>
Saturated 1.5 g	<b>8 %</b>
+ trans 0 g	
<b>Cholesterol</b> 195 mg	
<b>Sodium</b> 65 mg	<b>3 %</b>
<b>Carbohydrate</b> 1 g	<b>1 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 6 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %
Vitamin D 15 %	Vitamin E 15 %
Riboflavin 15 %	Niacin 8 %
Vitamin B12 50 %	Folate 15 %

- Protein, essential for building and repairing muscles
- Choline, an essential nutrient shown to play a strong role in brain function
- Lutein and zeaxanthin to help prevent age-related macular degeneration
- Vitamin A to help maintain healthy skin and eye tissue
- Vitamin B<sub>12</sub> to help protect against heart disease
- Vitamin D for strong teeth and bones

\*If you have heart disease, diabetes or are at risk because of family history, please consult a physician.

<sup>1</sup>Presented by Nikhil V. Dhurandhar, Ph. D., at Experimental Biology 2007; "Egg breakfast enhances weight loss." (Research supported by the Egg Nutrition Center and the American Egg Board).



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To learn more about the many benefits of eggs  
[VISIT.EGGS.CA](http://VISIT.EGGS.CA)

## FOR MORE INFORMATION, CONTACT:

**British Columbia Egg Marketing Board**  
[www.bcegg.com](http://www.bcegg.com)

**Alberta Egg Producers**  
[www.eggs.ab.ca](http://www.eggs.ab.ca)

**Saskatchewan Egg Producers**  
[www.saskegg.ca](http://www.saskegg.ca)

**Manitoba Egg Farmers**  
[www.eggs.mb.ca](http://www.eggs.mb.ca)

**Egg Farmers of Ontario**  
[www.getcracking.ca](http://www.getcracking.ca)

**Fédération des producteurs d'œufs de consommation du Québec**  
[www.oeuf.ca](http://www.oeuf.ca)

**New Brunswick Egg Producers**  
[www.nbegg.ca](http://www.nbegg.ca)

**Nova Scotia Egg Producers**  
[www.nsegg.ca](http://www.nsegg.ca)

**Egg Producers of Prince Edward Island**  
[www.eggspei.ca](http://www.eggspei.ca)

**Egg Producers of Newfoundland and Labrador**  
[www.nleggs.ca](http://www.nleggs.ca)

**Egg Farmers of Canada**  
[www.eggs.ca](http://www.eggs.ca)



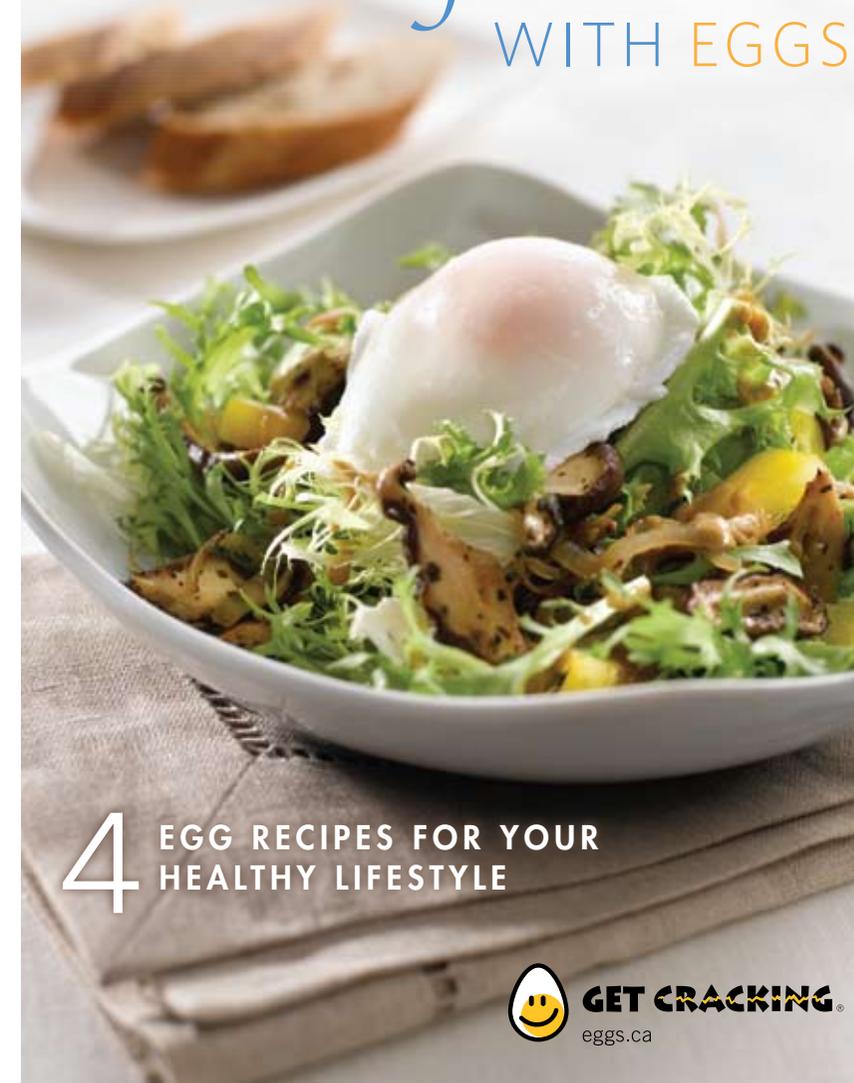
Eggs are a healthy part of a balanced diet. That's why both the Heart & Stroke Foundation's Health Check™ program and *Canada's Food Guide* include eggs as part of a healthy lifestyle.

<sup>†</sup>The Heart & Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See [healthcheck.org](http://healthcheck.org).

Aussi disponible en français.



# MAKE A Healthy Choice WITH EGGS



4 EGG RECIPES FOR YOUR HEALTHY LIFESTYLE





## WILD MUSHROOM SALAD WITH POACHED EGG

SERVINGS: 4

Prep: 15-20 min.  
Cook: 15-20 min.

<b>Nutrients per serving:</b>	1 lb	wild mushrooms, sliced	500 g
	1	large shallot, thinly sliced	1
<b>Calories: 180</b>	2 tsp	chopped fresh thyme or oregano (or 3/4 tsp/4 mL dried thyme or oregano)	10 mL
	6 cups	chopped escarole, frisee or romaine lettuce	1.5 L
<b>Fat: 11 g</b>	1/2	yellow pepper	1/2
<b>Sodium: 290 mg</b>	2 tbsp	freshly grated Parmesan cheese	30 mL
<b>Carbohydrate: 12 g</b>	4 tbsp	balsamic vinaigrette dressing	60 mL
<b>Fibre: 3 g</b>	2 tsp	white vinegar	10 mL
<b>Protein: 13 g</b>	4	eggs	4
		Cooking spray	

**Spray** a large non-stick skillet with cooking spray and heat over medium-high heat. **Add** mushrooms, shallot and thyme and cook until liquid evaporates and mushrooms are golden, about 10 minutes. **Spoon** into large bowl; add escarole, pepper and cheese. **Drizzle** balsamic vinaigrette dressing over escarole mixture and toss to coat. Divide among 4 plates. **Bring** 2 inches (5 cm) of water to a boil in saucepan; add vinegar. Reduce to a gentle simmer. **Break** an egg into a saucer. Holding the saucer just above the simmering water, gently slip egg into water. Repeat for remaining eggs. **Cook** in barely simmering water for 3 to 5 minutes until cooked as desired. Use a slotted spoon to remove eggs. **Dry** off gently on paper towel, then place on top of salads and serve.

**Tips:** Look for packages of wild mushrooms in the produce aisle of your grocery store or choose your own combination of cremini, oyster and shitake mushrooms.

For poached eggs with a compact oval shape, use cold fresh eggs.



## VEGGIE EGG AND RICE PIE

SERVINGS: 6

Prep: 20 min.  
Cook: 55 min.

<b>Nutrients per serving:</b>	2 cups	low sodium vegetable broth	500 mL
	1 cup	brown long grain rice	250 mL
<b>Calories: 260</b>	1/4 cup	freshly grated Parmesan cheese	50 mL
	1	small clove garlic, minced	1
<b>Fat: 9 g</b>	2 tbsp	each chopped fresh Italian parsley and basil (or 2 tsp/10 mL each dried parsley and basil)	30 mL
<b>Sodium: 290 mg</b>	8	eggs	8
<b>Carbohydrate: 31 g</b>	1	small zucchini (about 6 inches/15 cm), chopped	1
<b>Fibre: 2 g</b>	1	small red pepper, chopped (approx 1 1/2 cups)	1
<b>Protein: 13 g</b>	2 tsp	dried oregano (or 2 tbsp/30 mL chopped fresh oregano)	10 mL
	1/4 tsp	salt	1 mL
		Cooking spray	

**Bring** vegetable broth and rice to a boil in saucepan. **Reduce** heat to low; cover and cook until rice is tender and liquid is absorbed, about 25 minutes. **Remove** from heat and stir in cheese, garlic, and 1 tbsp (15 mL) each of parsley and basil. Let stand for 5 minutes. **Stir** 2 eggs into rice mixture. **Press** rice onto bottom and up side of 10-inch (25 cm) pie plate. Bake on the bottom rack of a preheated 375°F (190°C) oven until set, about 10 minutes.

Meanwhile, spray a large non-stick skillet with cooking spray and heat over medium-high heat. **Add** zucchini, pepper, oregano and half of the salt; cook until vegetables are softened, about 5 minutes. **Spread** into rice crust. **Whisk** remaining eggs, parsley, basil and salt in bowl; **pour** over vegetables. Bake on the bottom rack until golden and knife inserted in centre comes out clean, about 30 minutes.

Use 10-inch (25 cm) pie plate to keep the ratio of filling to crust proportional. With a smaller pie plate the crust will be too thick and will not cook properly.



## STUFFED MEDITERRANEAN BAGUETTE

SERVINGS: 6

Prep: 10-15 min.  
Cook: 10-15 min.

<b>Nutrients per serving:</b>	5	eggs	5
	1 tbsp	chopped fresh dill (or 1 tsp/5 mL dried dill)	15 mL
<b>Calories: 330</b>	1	small zucchini (about 6 inches/15 cm), grated	1
	1 tbsp	light cream cheese	15 mL
<b>Fat: 11 g</b>	1/2 cup	diced jarred roasted red peppers*	125 mL
<b>Sodium: 520 mg</b>	1 tbsp	chopped pitted Kalamata olives	15 mL
<b>Carbohydrate: 47 g</b>	1	soft crust whole wheat baguette	1
<b>Fibre: 4 g</b>		Cooking spray	
<b>Protein: 12 g</b>			

**Use** a fork to beat eggs and dill; set aside. **Spray** a large non-stick skillet with cooking spray and heat over medium-high heat. **Add** zucchini and cook for 3 minutes. **Pour** in egg mixture and immediately reduce heat to medium-low. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. **Cook** until eggs are thickened and no visible liquid egg remains, about 5 minutes. **Add** cream cheese and stir until melted; remove from heat. **Stir** in peppers and olives; let cool slightly.

**Cut** baguette in half lengthwise and pull out some of the bread in the centre leaving about a 1/2 inch (1 cm) edge. **Spoon** egg mixture into bottom of baguette and top with other half. **Slice** into 6 pieces to serve or wrap well with plastic wrap and refrigerate for up to 1 day before serving.

\*Substitute with fresh peppers if you do not have jarred roasted red peppers.

**Tip:** Use the bread removed from the baguette to make bread crumbs; freeze to use in another egg recipe. Visit [eggs.ca](http://eggs.ca) to find recipes with bread crumbs.



## EGG WONTON LASAGNA

SERVINGS: 6

Prep: 15-20 min.  
Cook: 50 min.  
(includes cooking eggs)

<b>Nutrients per serving:</b>	6	eggs	6
	1	small onion, finely chopped	1
<b>Calories: 320</b>	2	cloves garlic, minced	2
	1 pkg (5oz)	baby spinach	142 g
<b>Fat: 10 g</b>	1 jar	reduced sodium or low sodium pasta sauce	700 mL
<b>Sodium: 610 mg</b>	1 pkg	wonton wrappers*	250 g
<b>Carbohydrate: 39 g</b>	1 jar	sliced roasted red peppers, drained	300 mL
<b>Fibre: 3 g</b>	1 cup	shredded part skim Mozzarella	250 mL
<b>Protein: 19 g</b>		Cooking spray	

**Cover** eggs with water in saucepan and bring to a boil. **Remove** from heat and cover. Let stand for 20 minutes. **Drain** and run under cold water to cool. Remove shells and slice eggs; set aside.

Meanwhile, spray another saucepan with cooking spray and heat over medium heat. **Add** onion and garlic and cook until softened, about 3 minutes. Add spinach and cook, stirring, until wilted, about 2 minutes. Add pasta sauce and bring to a boil. **Remove** from heat. **Ladle** about 1/2 cup (125 mL) of sauce into 8-inch (2 L) baking dish. Cover with one-quarter of the wonton wrappers, overlapping slightly. **Spread** with one-quarter of the sauce then one-third of the eggs and roasted red peppers, and one-quarter of the cheese. Starting with wonton wrappers, repeat layers twice. **Arrange** remaining wrappers over top and spread with remaining sauce and cheese. Bake in preheated 350°F (180°C) oven until bubbly, about 30 minutes. Let stand for a few minutes before cutting.

\*Look for wonton wrappers in the produce aisle of your grocery store.

**Tip:** Use your favourite pasta sauce with vegetables (e.g. peppers, onions or mushrooms) for added texture and variety.

