

## DID YOU KNOW?



- Eggs are delivered to your grocery store shelves in 4 to 7 days.
- In order to feed the more than 13 million people in the province, Ontario's 350 egg farm families care for 8 million hens every day.
- For each family that uses a dozen eggs each week, a local Ontario farmer houses, feeds and cares for two hens all year long.
- The average hen will naturally lay approximately 320 eggs in one year. That is almost an egg a day!
- Eggs in Ontario are produced according to the same Canada Grade A standard for quality, freshness and cleanliness.
- Look for cartons with this symbol to ensure you are purchasing farm fresh, Canada Grade A eggs.



Get to know your Ontario egg farmers.

The Chaudary Family



Visit [www.getcracking.ca](http://www.getcracking.ca)  
to learn more about  
Ontario's egg farm families.



## QUICK, EASY AND DELICIOUS MICROWAVE EGG COOKER RECIPES



Cook eggs in just 1-2 minutes with these  
three great microwave egg recipes!



Nature's perfect fast food, so easy to prepare and enjoy  
in your Microwave Egg Cooker from Egg Farmers of Ontario.



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## EASY WESTERN BAGEL

*This hearty sandwich is great for lunch or busy nights before heading out to evening activities.*

 Prep Time: **5 minutes** Cook Time: **1-2 minutes** Serves: **1**



### Ingredients

2	eggs
1/4 cup (60 mL)	chopped western veggies, such as green pepper, tomato and red onion
Pinch	salt and pepper, to taste
1	bagel, toasted
1 slice	black forest ham
1 slice	cheddar cheese

### Directions

Crack the eggs into the Microwave Egg Cooker. Whisk with a fork for 20 seconds; stir in the veggies, salt and pepper. Cook in the microwave for 1 to 2 minutes or until set.

Slide the egg on the bottom half of the toasted bagel. Top with ham, cheese and remaining bagel half.

### Tips

- Add extra flavour by topping cooked egg with salsa.
- Keep a container with chopped assorted veggies and ham in the fridge for quick and easy sandwich assembly.

 **Nutrients Per Serving**  
Calories: 505 • Fat: 15 grams • Sodium: 522 mg •  
Carbohydrates: 48 grams • Fibre: 2 grams • Protein: 28 grams

## ENGLISH MUFFIN EGG SANDWICH

*Simple and wholesome ingredients come together to make a quick, portable breakfast sandwich.*

 Prep Time: **5 minutes** Cook Time: **1-2 minutes** Serves: **1**



### Ingredients

1	egg
Pinch	salt and pepper, to taste
1	English muffin, toasted
1 slice	tomato
1 slice	cheddar cheese

### Directions

Crack the egg into the Microwave Egg Cooker. Add salt and pepper. Whisk with a fork for 20 seconds. Cook in the microwave for 1 minute or until set.

Slide the egg on the bottom half of the toasted English muffin. Top with tomato and cheese. Microwave for 30 seconds or until cheese is melted. Top with remaining English muffin half.

### Tips

- For extra protein, add a slice of ham, cooked bacon or turkey to the sandwich.

 **Nutrients Per Serving**  
Calories: 243 • Fat: 8 grams • Sodium: 546 mg •  
Carbohydrates: 27 grams • Fibre: 2 grams • Protein: 14 grams

## BLT EGG WRAP

*Perfect for breakfast, lunch or dinner, this BLT Egg Wrap will fill you up without slowing you down.*

 Prep Time: **5 minutes** Cook Time: **1-2 minutes** Serves: **1**



### Ingredients

1	egg
1 slice	chicken bacon, cooked
1/4 tsp (1 mL)	onion powder
Pinch	salt and pepper, to taste
1	small low-fat flour tortilla (2g fat)
2 tsp (10 mL)	low-fat mayonnaise
	leaf lettuce
2 tbsp (30mL)	diced tomato

### Directions

Cook bacon in non-stick skillet over medium heat, or in microwave until crisp; fold in half and set aside.

Crack the egg into the Microwave Egg Cooker. Add onion powder, salt and pepper and whisk with a fork for 20 seconds. Cook in the microwave for 1 minute or until set.

Spread tortilla with mayonnaise. Place lettuce on top, add bacon, egg and tomato. Fold wrap and serve.

 **Nutrients Per Serving**  
Calories: 230 • Fat: 11 grams • Sodium: 570 mg •  
Carbohydrates: 21 grams • Fibre: 2 grams • Protein: 12 grams