

Naturally  
**NOURISH**  
with REAL FOOD

# Delicious Ways to Power Your Day with Eggs



IN THE KITCHEN WITH

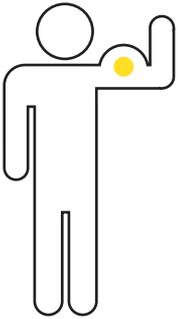
# Registered Dietitians

SHANNON AND CAROL

## EGGS MAKE IT EASY TO EAT WELL!

One of the healthiest habits you can adopt is to cook and eat more meals at home using simple, nutrient-rich whole foods, like eggs. They're easy to prepare, delicious and versatile.

### *Eggs Are My Power Fuel*



#### **SHANNON CROCKER, MSc, RD**

"To stay energized and feel great, my family and I fuel up with nourishing whole foods, including eggs. I love that eggs are jam-packed with good-for-you nutrients, like immune-strengthening vitamin D. Plus, hard-cooked eggs are a perfectly portable snack for powering up after a workout!"



@SHANCROCKERRD



*Shannon*

### *I Real, Whole Foods*



#### **CAROL HARRISON, RD**

"With eggs on hand, I know I can prepare a simple, delicious, wholesome family meal from scratch, like a veggie frittata, in less than 30 minutes. That's what I call working smarter, not longer! Packed with protein and 13 other nutrients, eggs offer my family naturally nourishing goodness."

@GREATMEALIDEAS



*Carol*

# 6 Powerful ways eggs promote health

EGGS-CELLENT NEWS!

Dietary cholesterol, like the kind in eggs, meat and dairy, has little impact on blood cholesterol. Current heart health advice focuses on an overall nutritious, balanced diet based on whole foods. Eggs are a whole food – nothing added, nothing taken away!

## 1 EGGS Naturally NOURISH

Eggs are a naturally nutrient-rich whole food, with protein plus 13 vitamins and minerals that are important for optimal health.

## 2 EGGS BEAT Hunger

Snack on two eggs for 12 grams of hunger-curbing protein. They'll help you beat an afternoon energy crash and stay satisfied until supper.

## 3 EGGS FUEL with Heart-Healthy Fats

Eggs can be part of a heart-healthy diet. In fact, they have the same healthy fats found in olive oil, avocados and almonds.

## 4 EGGS Help BUILD Healthy Brains

Egg yolks are one of the best food sources of choline, a nutrient that's vital for brain health.

## 5 EGGS MAXIMIZE Muscles

Eating protein-packed eggs after a workout helps to build muscle. Eat the whole egg – **half** of the protein is in the yolk.

## 6 EGGS BOOST Eye Health

Eggs have two antioxidants, lutein and zeaxanthin, that help keep your eyes healthy.



Sources:  
Canadian Nutrient File, v 2015.

Fallaize, R.; Wilson, L., et al. Variation in the effects of three different breakfast meals on subjective satiety and subsequent intake of energy at lunch and evening meal. *Eur J. Nutr* 52(4):1353–9, 2013.  
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Vishwanathan, R.; Goodrow-Kotyla, E.E.; et al. Consumption of 2 and 4 egg yolks/d for 5 wk increases macular pigment concentrations in older adults with low macular pigment taking cholesterol-lowering statins. *Am J Clin Nutr* 90(5):1272–9, 2009.

Zeisel, S.H. Choline: Critical role during fetal development and dietary requirements in adults. *Annu Rev Nutr* 26:229–50, 2006.



Southwest  
Power Bowl

GOOD TO KNOW

Egg yolks help you absorb some nutrients in veggies, such as beta-carotene in carrots.

# BEAUTIFUL BOWLS

Terrific teamwork! Eggs and veggies work together to bump up the nutritional benefits of your meal. The next time you're craving a salad, stir-fry or veggie-filled power bowl, build it better: add two eggs.

**Try these three combinations for beautiful, nourishing bowls with eggs:**

- **Southwest Power Bowl:** Two hard-cooked eggs (cut in half) + black beans + sliced avocado + shredded red cabbage + sliced cherry tomatoes + a favourite grain (barley, brown rice, farro, quinoa) + a splash of citrusy vinaigrette
- **Asian Veggie Bowl:** Two soft-poached eggs + stir-fried veggies + brown rice noodles + shredded carrot + diced red pepper + slivered green onion + a drizzle of peanut sauce or your favourite Asian sauce
- **Egg Bliss Bowl:** Two hard-cooked eggs (cut in half) + barley + shredded kale + chopped apple + crumbled feta cheese + spiralized (or grated) beets + roasted pecans + dried cranberries + a swirl of garlicky dressing

# REAL-FOOD SNACKS

To beat the 3 p.m. slump and energize your afternoon, snack on protein-packed, calorie-conscious eggs. Two hard-cooked eggs deliver 12 grams of hunger-curbing protein with just 140 calories.

**Power through an afternoon with one of these satisfying snacks:**

- **Quick-Cooking Muffin Tin Frittatas:** Mix together 12 beaten eggs + 1-2 cups of your favourite cooked, diced veggies (asparagus, peppers, broccoli) +  $\frac{3}{4}$  cup grated cheese (Parmesan, feta, cheddar). Divide mixture among 12 greased muffin cups. Bake in 350°F (180°C) oven until edges are set, about 10 minutes.
- **Not Your Grandma's Egg Salad:** Avocado egg salad (mashed avocado mixed with mashed hard-cooked eggs) + crisp veggie vessels (bell pepper segments, celery sticks, endive or lettuce cups, hollowed-out cucumbers)
- **Protein Grab 'n' Go:** Two hard-cooked eggs + fresh-cut veggies

Sources:  
Canadian Nutrient File, v 2015.

TASTY TIP

Make a bunch of hard-cooked eggs and store them in the fridge. They keep (in their shells) for a week!

**Protein Grab 'n' Go**





DIY Egg Tacos

TASTY TIP

Top egg tacos with charred corn kernels, sliced avocado, cilantro and hot sauce.

# FAST & FABULOUS DINNERS

You can feel good about serving your family eggs: one serving (two eggs) is a naturally nutrient-rich source of 13 vitamins and minerals plus protein.

**When you're crunched for time, try these healthy ideas:**

- **#Brinner!** (breakfast for dinner): Eggs cooked the way your family loves them + fresh fruit salad + whole-grain toast
- **Egg-Stuffed Sweet Potato:** Baked sweet potato (cut in half) + feta cheese + chopped chives + a drizzle of hot sauce + two soft-poached eggs
- **DIY Egg Tacos** (served buffet-style): Scrambled eggs + grated cheddar cheese + tangy salsa + shredded crisp lettuce + warmed soft tortillas

# TOP YOUR TOAST

Eating nutritious, protein-rich foods, such as eggs, after a workout helps to keep muscles strong and healthy.

**For a delicious boost of protein, top your whole-grain toast with eggs:**

- **Avocado Egg Toast:** Creamy mashed avocado + fresh baby spinach + sliced tomato + a sprinkle of freshly ground pepper + a fried egg, cooked over easy
- **Ricotta Egg Toast:** Smooth ricotta cheese + sautéed garlicky greens (kale, Swiss chard, thinly sliced broccoli) + a squeeze of lemon juice + a soft-poached egg
- **ELT (Egg, Lettuce, Tomato) Toast:** A light spread of mayonnaise or hummus + crunchy lettuce + sliced tomato + sliced hard-cooked egg

Sources:  
Canadian Nutrient File, v 2015.  
van Vleet, S; Shy, E.L; et al. Consumption of whole eggs promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. Am J Clin Nutr 106(6):1401-12, 2017.

GOOD TO KNOW

Half an egg's protein is in the yolk. So go ahead and eat the yolk!



Avocado Egg Toast



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