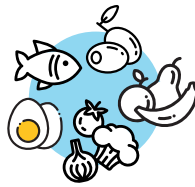




# EGGS

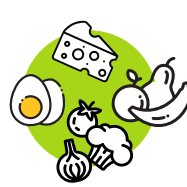
## A natural fit for plant-forward diets

A plant-forward diet is made up of mostly plant foods like vegetables, fruits, grains, legumes, nuts and seeds, but also includes animal-based foods like eggs, fish, dairy and poultry. Some examples include:



### Mediterranean

Foods eaten in the Mediterranean, including fish and olive oil.



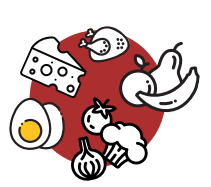
### Vegetarian

Includes eggs and dairy but excludes meat, fish and poultry.



### Pescatarian

Fish and seafood are included in an otherwise vegetarian diet.



### Flexitarian

Mostly vegetarian eating pattern that occasionally includes meat.

## Get Eggs-actly the Nutrients You Need

At each meal, pairing plants with 20 to 30 grams of high-quality protein sources like eggs can help meet daily protein requirements. Eggs complement plants by providing nutritional benefits such as:



An excellent source of high-quality **protein**



All 9 essential **amino acids** (protein building blocks)



Many important nutrients including **iron, vitamin D** and **B12**



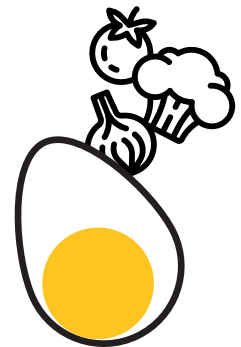
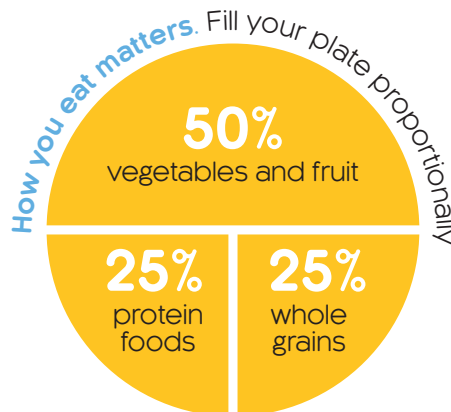
### Tip

Studies show that our bodies better absorb nutrients from veggies when eggs are eaten with them!

## Eggs and Canada's Food Guide

The latest update to Canada's Food Guide recommends protein-rich eggs as part of a well-balanced diet.

The 'protein foods' section of the Canada Food Guide's plate model includes both plant-based (tofu, beans, lentils, nuts) and animal-based (eggs, meat, poultry, dairy) protein choices.



## Eggs + Plants = a Winning Combination

Include eggs in a plant-forward diet with these simple meal ideas:

### Breakfast

Try a frittata loaded with your favourite veggies



### Lunch

Keep hard-boiled eggs on hand to add to leafy green salads



### Dinner

Have a grain and veggie bowl topped with a fried egg



# Plant-Powered Meal Ideas

## Green Shakshuka

### You'll Need:

- ¼ cup (60 mL) olive oil
- 4 green onions, thinly sliced
- 3 cloves garlic, minced
- 1 tsp (5 mL) each ground coriander and cumin
- ½ tsp (2.5 mL) dried oregano
- ¼ tsp (1.25 mL) red pepper flakes
- 8 cups (2 L) loosely packed chopped kale (stems removed)
- ½ tsp (2.5 mL) each salt and pepper
- ½ cup (125 mL) chopped fresh parsley
- ½ cup (125 mL) vegetable broth
- 4 eggs
- 1/3 cup (75 mL) finely crumbled feta
- ¼ cup (60 mL) torn fresh dill sprigs
- ½ red chili pepper, seeded and sliced (optional)

This green shakshuka has kale, green onions and fresh herbs. Serve for breakfast, brunch or a quick dinner. Serves 4.



### Tip

If you don't have kale on hand, spinach works just as well.

### Prep and Cook:

- 1 Preheat oven to 400°F (200°C). Heat oil in 9-inch (23 cm) cast-iron skillet or oven-proof skillet set over medium heat. Cook green onion, garlic, coriander, cumin, oregano and pepper flakes for 3 to 5 minutes or until fragrant.
- 2 Stir in kale, salt and pepper, and cook for 5 to 8 minutes or until it starts to wilt. Stir in parsley and broth, and cook for 3 to 5 minutes or until liquid has almost evaporated.
- 3 Using the back of a spoon, create 4 small wells in kale mixture. Crack an egg into each well. Transfer skillet to oven, and bake for 5 to 7 minutes or until whites are set but yolks are still runny. (Alternatively, cook to desired doneness.)
- 4 Serve sprinkled with feta, dill, and if using, chili.

## Mediterranean Salad Bowl

### You'll Need:

#### Honey Oregano Dressing

- 2 tsp (10 mL) honey
- 1 tbsp (15 mL) balsamic vinegar
- ¼ cup (60 mL) olive oil
- 1 tsp (5 mL) Dijon mustard
- ¼ tsp (1.25 mL) pepper
- ¼ tsp (1.25 mL) salt
- 2 tsp (10 mL) dried oregano

#### Salad

- 2 soft-boiled eggs
- 4 cups (1 L) mixed greens
- 1 cup (250 mL) roasted broccoli
- 1 ½ tbsp (25 mL) olive oil
- 1 ½ tbsp (25 mL) lemon juice
- 4 tbsp (60 mL) toasted almonds
- 1 cup (250 mL) couscous, cooked
- 10 cherry tomatoes, cut in 4
- 4 tbsp (60 mL) hummus
- 20 leaves fresh mint, cut in half
- 2 jarred roasted red peppers, sliced in strips

### Prep and Cook:

- 1 Set your oven to 400°F (200°C).
- 2 In a bowl, mix together the broccoli with lemon juice and olive oil, and season with salt and pepper. Spread the broccoli on a parchment-lined tray and roast in the oven for 15 minutes. Once done, remove from oven and let cool.
- 3 Place all the ingredients for the honey oregano dressing in a Mason jar or Tupperware container. Shake vigorously and then set aside.
- 4 Fill your bowl with mixed greens and then drizzle with dressing.
- 5 On top of the dressed greens, place a pile of the roasted broccoli, then the cherry tomatoes, followed by the couscous, the fresh mint, the toasted almonds, the roasted red peppers, and finally, the hummus.
- 6 Place the soft-boiled eggs in the centre of the bowl and drizzle with another tablespoon of dressing.



### Tip

These salad bowl ingredients can be transformed into tasty pita wraps for an on-the-go meal.

