

THINK HEART SMART!

Worried about cholesterol? Choose a diet low in saturated and trans fats. Eggs are low in saturated fat and contain no trans fats, making them a great addition to your heart healthy diet! For more information about eating heart healthy, visit www.eggs.ab.ca.

OMEGA-3 EGGS

Omega-3 eggs are produced by hens that are fed a diet that contains 10 to 20% flaxseed. These eggs have higher levels of omega-3 polyunsaturated fats, which have been linked to a variety of healthy benefits, including improved blood cholesterol.

ALBERTA
Egg Producers
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EASY EGG SALAD

A quick and healthy lunch idea!

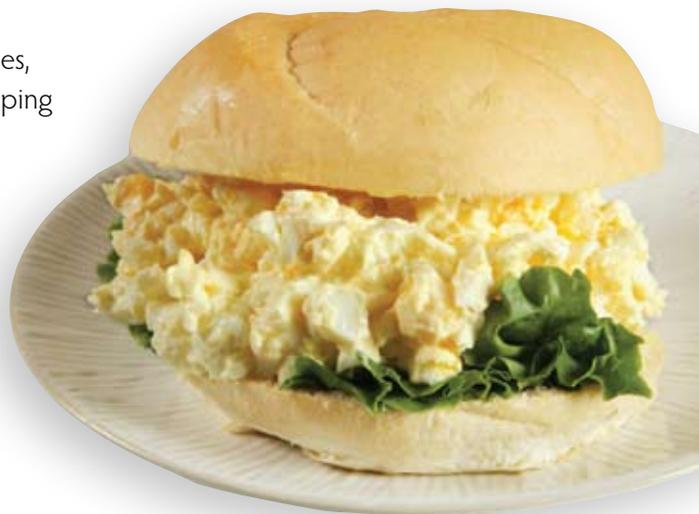
8	eggs	8
125 mL	celery, finely chopped	½ cup
125 mL	sweet gherkin pickles, sliced	½ cup
45 mL	low-fat mayonnaise	3 tbsp
	freshly ground pepper	
	salt	

1. Place eggs in a saucepan and fill with water until the water covers the eggs by about an inch. Bring the water quickly to a boil. Cover the saucepan and remove from heat. Let eggs stand for about 22 minutes. Drain water and immediately run cold water over eggs until cooled. Peel.
2. Slice the eggs in half and remove the yolks. Place yolks in a large mixing bowl. Coarsely chop the egg whites and place them in the mixing bowl with the yolks.
3. Add the chopped celery, pickle, and mayonnaise. Season with pepper and salt to taste.
4. Fold together gently. Chill at least one hour before serving.
5. Use as a filling for sandwiches, pitas and wraps, or as a topping for bagels, English muffins, or whole wheat toast.

Hint: This recipe easily doubles or triples.

Food Safety Tip:

Refrigerate egg salad for up to 48 hours in a sealed container.



EGGSTRAVAGANCE is all about eggs, featuring recipe ideas and cooking tips to help make eggs a part of your healthy lifestyle. To subscribe, please send an email to eggstravagance@eggs.ab.ca. EGGSTRAVAGANCE is published monthly by the Alberta Egg Producers.

EGG-CELLENT IDEAS

Breakfast Egg Muffin

Jumpstart your day with this healthy, energy-packed breakfast.

2	eggs	2
2	slices Gouda cheese	2
2	whole-wheat English muffins	2
4	slices turkey bacon	4
10 mL	butter	2 tsp

1. Split and lightly toast the English muffins. Lightly butter each muffin. Top two of the halves with cheese. Broil lightly to melt the cheese.
2. Fry or microwave the turkey bacon until well done.
3. Lightly beat the eggs. Spray a separate frying pan with non-stick spray. Heat pan on medium-high and pour in beaten eggs. Stir eggs constantly with a spatula while they cook in order to create a fluffier scramble.
4. Top two of the muffin halves with turkey bacon and eggs. Close the sandwiches with the other muffin halves and serve.

Serves: 2

Variations for the Breakfast Egg Muffin

- Alternate the Gouda with any low-fat cheese, such as Edam or mozzarella.
- Use a multi-grain bagel instead of the English muffin for a high-fibre alternative.
- Add sliced tomato to give it a little extra zip.



DID YOU KNOW...

According to the Heart and Stroke Foundation of Canada, "One long-standing myth about high blood cholesterol is that it is caused by eating foods containing cholesterol. It's not so—research shows that it is the fat in food, particularly the saturated and trans fat and not the cholesterol in food that raises blood cholesterol the most. Although the majority of people are not adversely affected by food cholesterol, a small percentage of people, particularly those with a family history of high blood cholesterol, are very sensitive to it and must limit it."

Source: *Healthy Living* section at www.heartandstroke.ca.

FEEDBACK:

How do you make eggs a part of your heart-healthy diet? Send us your recipes to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.

EGGS 101

Tips for a Perfect Soft-Cooked Egg

1. Place cold eggs in a saucepan and cover with at least 2 cm (1 inch) of water.
2. Cover saucepan and bring to a boil.
3. Remove pan from heat and let the eggs stand, covered, for about 3.5 minutes.
4. Drain water or remove eggs from saucepan with a slotted serving spoon.
5. Serve immediately.

EGG TIP:

Eggs are good for your heart! Research has shown that lutein, a yellow pigment found in egg yolks, can help prevent a thickening of the carotid artery, an important indicator of heart disease.

(Source: AHA's journal Circulation, 2001;103:2922, Nutrition Health Review, Summer 2002)

EGG FACT:

Canadian eggs are part of the Heart & Stroke Foundation's Health Check Program. In fact, two eggs provide one serving of Meat & Alternatives according to Canada's Food Guide.

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