

WHAT'S IN AN EGG?

Iron: Carries oxygen to cells and helps to prevent anemia.

Vitamin A: Helps to maintain healthy skin and eye tissue.

Vitamin D: Strengthens bones and teeth. May help protect against certain cancers and autoimmune diseases.

Vitamin E: An antioxidant.

Vitamin B12: Helps protect against heart disease.

Folate: Helps produce and maintain new cells.

Protein: Essential for building muscles, organs, skin, hair and needed to produce hormones, enzymes and antibodies.

Selenium: Works with vitamin E to act as an antioxidant.

Lutein and zeaxanthin: Maintains good vision and may help reduce the risk of age-related eye diseases.

Choline: Plays a strong role in brain development and function.

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SPRING VEGETABLE FRITTATA

This easy one-dish meal is a great way to showcase the fresh produce of the season.

8	eggs	
125 mL	vegetable stock	½ cup
125 mL	parsley, chopped	½ cup
2 mL	lemon juice	1 tsp
2 mL	celery seed	1 tsp
2 mL	pepper	1 tsp
1 mL	salt	¼ tsp
	cooking spray	
375 mL	asparagus, chopped	1½ cups
1	zucchini, thinly sliced	
1	medium onion, chopped	
250 mL	goat cheese, crumbled	1 cup

1. In a medium bowl, beat eggs, vegetable stock, parsley, lemon juice, celery seed, pepper and salt together.
2. Heat a 25 cm (10 inch) oven-proof skillet over medium heat. Spray with cooking spray.
3. Add the onion, asparagus and zucchini. Cook until the vegetables are tender.
4. Pour the egg mixture over the vegetables and stir to combine.
5. Cover the skillet and reduce heat to low. Cook for 12–15 minutes until eggs are set.
6. Sprinkle the goat cheese over the eggs.
7. Place the skillet in the oven under the broiler for 3 minutes or until the cheese melts. Watch the dish carefully; it can burn quickly under the broiler.

EGG TIP:

If you don't have an all-metal skillet, you can ovenproof a plastic-handled skillet by covering the handle completely with a double thickness of aluminum foil.



EGG STRAVAGANCE 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 EGG STRAVAGANCE is published by the Alberta Egg Producers.

EGG-CELLENT IDEAS

THE PERFECT OMELETTE

2	eggs	
30 mL	water	2 tbsp
	cooking spray	
	salt	to taste
	pepper	to taste



1. Beat together eggs, water, salt and pepper.
2. Heat a 20 cm (8 inch) non-stick skillet over medium-high heat. A drop of water dropped in the pan should roll around the pan, not burst into steam.
3. Spray with cooking spray.
4. Pour egg mixture into pan. As the mixture sets, use a spatula to gently push the cooked parts to the centre. Tilt and rotate the skillet to allow the uncooked egg to flow to the empty parts of the pan.
5. When eggs are almost set but still look moist, cover one half of the omelette with the filling of your choice.
6. Slip the spatula under the unfilled side, folding the omelette in half.
7. Slide the omelette onto a warm plate.

Variations:

Spinach & Feta

Fill omelette with 125 mL (½ cup) thawed frozen spinach and 125 mL (½ cup) crumbled low-fat feta cheese.

Traditional Western

Spray a pan with cooking spray, and add 50 mL (¼ cup) finely chopped ham, 30 mL (2 tbsp) chopped green pepper and 15 mL (1 tbsp) chopped onion. Pour omelette mixture into the pan and cook as directed above.

Try adding fresh fruit or cream to your omelette for a sweet and fresh breakfast or dessert creation.

Strawberry Almond

Omit the pepper and add 1 mL (¼ tsp) of almond extract to the basic omelette recipe above. Cook as directed and fill with sliced strawberries. Top with vanilla yogurt or whipped cream if desired.

Orange Blueberry

Replace the water in the basic omelette mixture with orange juice. Omit the pepper and cook as directed above, and fill with sweetened ricotta cheese and blueberries.

DID YOU KNOW?

The world's largest omelette was made in 2010 to celebrate world egg day in Turkey. The 10 meter, 4,4000 kg creation required 60 cooks and 110,010 eggs.

EGG FACT:

Add some spring to your step with eggs! One large egg has just 70 calories, 5 grams of fat and 6 grams of the highest quality protein.



FEEDBACK:

What's your favourite omelette filling? Send your suggestions to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.

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