

Lighthearted
Meal Ideas
FROM ANNE LINDSAY



4 egg recipes for healthy eating any time of the day

ALL RECIPES
PER SERVING
11g
OF FAT OR LESS



GET CRACKING®

eggs.ca

Meet ANNE LINDSAY

Creating healthy and delicious recipes is Anne Lindsay's specialty! Anne is the author of six best-selling cookbooks that feature lighthearted recipes and nutritional advice on healthy eating.

For over 25 years, Anne has been helping Canadians live healthier lifestyles by sharing her nutritious recipes and helpful cooking tips. She includes eggs in her recipes because of all they have to offer.



We hope you enjoy these four lighthearted and delicious egg recipes from Anne's kitchen.

"Eggs are an easy and economical addition to any meal - breakfast, lunch or dinner - and provide protein and a wide variety of essential nutrients including zinc, Vitamin A, Vitamin D and B vitamins."

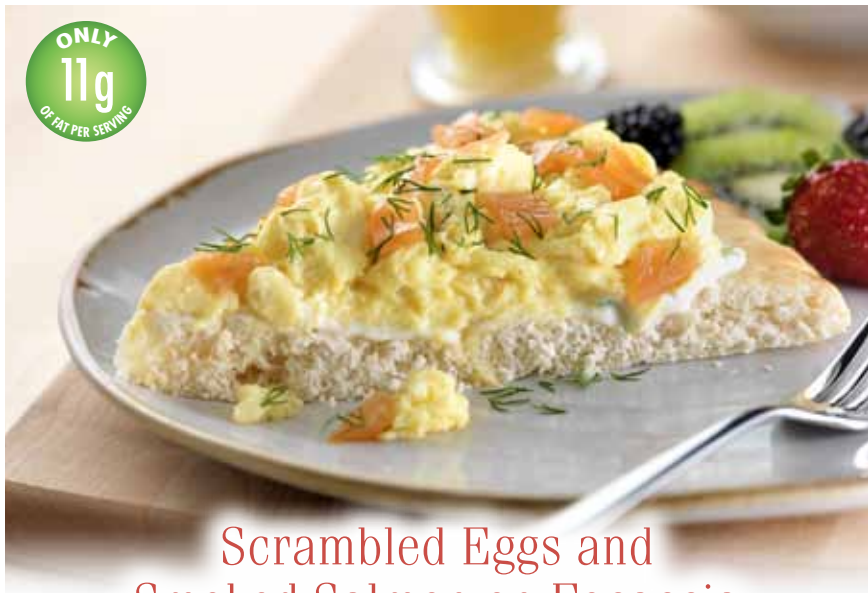
Anne Lindsay

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The recipes in this booklet were tested using large eggs.



ONLY
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OF FAT PER SERVING



Scrambled Eggs and Smoked Salmon on Focaccia

An impressive yet simple breakfast or brunch idea!

Servings: 8
Prep: 15 min.
Cook: 10 min.

Nutrients per serving:

Calories: 245
Fat: 11 g
Sodium: 465 mg
Carbohydrate: 21 g
Fibre: 1 g
Protein: 15 g

1 cup	light sour cream	250 mL
1/3 cup	finely chopped green onions	75 mL
2 tsp	Dijon mustard	10 mL
	Focaccia or flatbread, about 3/4 inch (2 cm) thick and 10 to 12 inches (30 cm) round	
7	eggs	7
6	egg whites	6
1/3 cup	low-fat milk	75 mL
1/4 tsp or less	salt	1 mL or less
1/2 tsp	freshly ground pepper	2 mL
2 tsp	canola or olive oil	10 mL
4 oz	thinly sliced smoked salmon, coarsely chopped (or tidbits)	125 g
2 tbsp	chopped fresh parsley and/or dill	25 mL

► In small bowl, **mix** together sour cream, onions and mustard; set aside. **Heat** focaccia in preheated 350°F (180°C) oven for 10 minutes. ► In medium bowl, **whisk** together eggs, egg whites, milk, salt and pepper. In large non-stick skillet, **heat** oil over medium-high heat; add eggs and cook, stirring, until scrambled. ► **Spread** sour cream mixture over hot focaccia; spoon scrambled eggs over top. **Top** with smoked salmon; sprinkle with parsley and/or dill. **Cut** into wedges, and serve warm or at room temperature.

TIP: Uncooked egg mixture can be prepared up to 1 hour in advance. Cover and refrigerate until ready to cook.



Spinach and Zucchini Frittata

This frittata can be cut into wedges and served with toast and salad for brunch, lunch or dinner.

Servings: 4
Prep: 15 min.
Cook: 50 to 60 min.

Nutrients per serving:

Calories: 161
Fat: 9 g
Sodium: 485 mg
Carbohydrate: 8 g
Fibre: 3 g
Protein: 13 g

1 tsp	olive oil	5 mL
1	medium onion, chopped	1
1	clove garlic, minced	1
2 cups	thinly sliced unpeeled zucchini	500 mL
1/2 cup	grated part-skim mozzarella cheese	125 mL
1/4 cup	chopped fresh parsley	50 mL
4	eggs, lightly beaten	4
1	pkg (10 oz/300 g) frozen chopped spinach, thawed and drained	1
1/2 tsp or less	salt	2 mL or less
1/4 tsp	freshly ground pepper	1 mL
Pinch	ground nutmeg	Pinch

► In non-stick skillet, **heat** oil over medium heat. **Add** onion and garlic; cook until onion is tender. Add zucchini; cook, stirring, for 5 minutes. ► In bowl, **combine** cheese, parsley, eggs, spinach, salt, pepper and nutmeg; **stir** in zucchini mixture. **Spoon** into lightly greased 9-inch (23 cm) pie plate. ► **Bake** in preheated 325°F (160°C) oven until set but still moist in centre, 35 to 45 minutes. **Serve** hot or cold.

TIP: Frittata can also be cut into small squares and served warm or cold as hors d'oeuvres.

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8g
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Microwave Leek and Mushroom Flan

This delicious flan makes a quick meatless dinner along with cooked vegetables, a salad and a whole wheat bun.

Servings: 2
Prep: 15 min.
Cook: 11 to 13 min.

Nutrients per serving:

Calories: 141
Fat: 8 g
Sodium: 416 mg
Carbohydrate: 6 g
Fibre: 2 g
Protein: 12 g

1 cup	thinly sliced leek (white and some light green parts)	250 mL
1 tsp	canola or vegetable oil	5 mL
8 oz	mushrooms, coarsely chopped (about 3 cups/750 mL)	250 g
2	eggs, lightly beaten	2
2	egg whites, lightly beaten	2
2 tbsp	low-fat milk	25 mL
Pinch	paprika	Pinch
1/4 tsp or less	salt and freshly ground pepper	1 mL or less

► In 8 x 4-inch (1.5 L) microwaveable dish (e.g. glass loaf pan), **toss** leeks with oil. **Cover** with waxed or parchment paper and microwave on High for 1 minute. **Add** mushrooms; cover and microwave on High until mushrooms are nearly tender, about 4 minutes. ► **Stir** in eggs, egg whites, milk, paprika, and salt and pepper. **Microwave**, uncovered, on Medium until mixture is set, 6 to 8 minutes. **Serve** hot.

TIP: Chopped onion can be used instead of leeks.

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6g
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Lime Pudding Cake with Berries

Serve this old-fashioned dessert topped with fruit of your choice or on its own sprinkled with icing sugar.

Servings: 6
Prep: 10 min.
Cook: 40 min.

Nutrients per serving:

Calories: 210
Fat: 6 g
Sodium: 90 mg
Carbohydrate: 36 g
Fibre: 1 g
Protein: 4 g

3/4 cup	granulated sugar	175 mL
2 tbsp	soft margarine	25 mL
	Grated rind of 3 limes or 2 lemons	
2	eggs, separated	2
1/3 cup	fresh lime or lemon juice	75 mL
1/4 cup	all-purpose flour	50 mL
1 cup	low-fat milk	250 mL
2 cups	blueberries or sliced strawberries	500 mL

► In mixing bowl, **beat** together sugar, margarine and lime rind. **Beat** in egg yolks, one at a time, beating well after each addition. **Beat** in lime juice, then flour and milk. ► In separate bowl, **beat** egg whites until stiff peaks form; fold into batter. **Pour** mixture into 9-inch (1.5 L) square baking dish. **Place** in larger pan; pour boiling water into outer pan to come about 1 inch (2.5 cm) up sides of pan. ► **Bake** in preheated 350°F (180°C) oven until top is set and golden, about 40 minutes. **Spoon** into serving dishes and top with berries. **Serve** warm or cold.

Eggs

A wise choice for healthy eating!

Nutrition Facts

Per 1 large egg (53 g)

Amount % Daily Value

Calories 70

Fat 5 g **8 %**

Saturated 1.5 g **8 %**
+ trans 0 g

Cholesterol 195 mg

Sodium 65 mg **3 %**

Carbohydrate 1 g **1 %**

Fibre 0 g **0 %**

Sugars 0 g

Protein 6 g

Vitamin A 10 % Vitamin C 0 %

Calcium 2 % Iron 6 %

Vitamin D 15 % Vitamin E 15 %

Riboflavin 15 % Niacin 8 %

Vitamin B12 50 % Folate 15 %

Eggs are packed with **14 essential nutrients and 6 grams of the highest quality protein** that provides lasting energy throughout the day. A large egg contains just 70 calories.

As well as being nutritious, eggs are **easy to prepare, affordable, delicious and versatile**. They can be enjoyed at any meal, any time of the day.

That's why **cookbook author and nutrition expert Anne Lindsay includes eggs in her recipes** — and why you should enjoy the goodness of eggs too!



Eggs are a healthy part of a balanced diet. The Heart and Stroke Foundation's Health Check™ program, based on *Canada's Food Guide*, recognizes that eggs are part of a healthy diet.

† The Heart and Stroke Foundation's registered dietitians have reviewed eggs to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org.

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