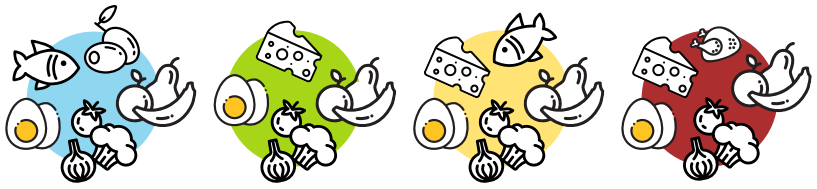
EGGS

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:

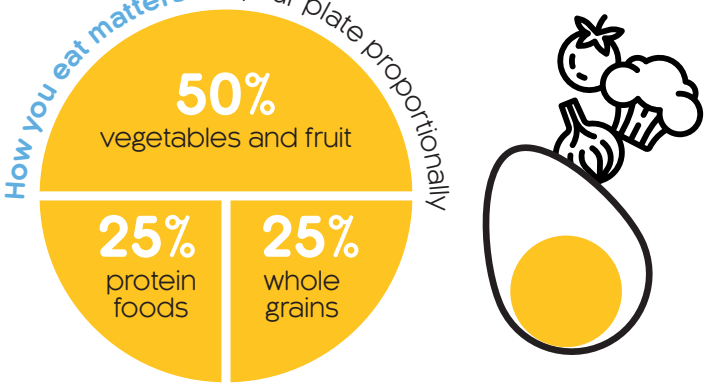
- An excellent source of high-quality **protein**
- All 9 essential **amino acids** (protein building blocks)
- Many important nutrients including **iron, vitamin D** and **B12**

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

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

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

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
- ⅓ cup (75 mL) finely crumbled feta
- ¼ cup (60 mL) torn fresh dill sprigs
- ½ red chili pepper, seeded and sliced (optional)

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

This salad combines all the deliciousness of the Mediterranean in one bowl. Topping it with soft-boiled eggs brings all the flavours together for a complete meal. Serves 2.

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 (10mL) 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

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

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.