

# EGGS

## a natural fit into Canada's Food Guide

What's one smart food choice that Canada's Food Guide recommends? Eggs! Whether they are hard-boiled and eaten as a snack, or they fill the protein portion of your plate, eggs are nutritious and delicious.

The Guide also reminds Canadians that healthy eating is about more than the foods you eat – it also means:



**Cooking more often**



**Sharing meals with others**



**Being mindful of food choices**



**Using food labels to make informed choices**

## Plan your plate

### Have plenty of vegetables and fruit

Fill half your plate (or bowl!) with vegetables and fruit

**Choose fewer processed foods** that are high in sodium, sugar and saturated fat



**Make water your drink of choice**

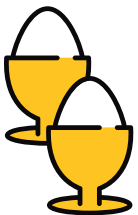
### Eat protein foods

Fill one quarter with a variety of protein foods like eggs, beans, lentils, soy, dairy foods, fish, chicken or lean meat

**Choose whole grain foods** such as brown rice, whole grain wheat, quinoa or oats for one quarter of your plate

## Where do eggs fit in?

The recent update to Canada's Food Guide recommends protein-rich Canadian eggs as part of a well-balanced diet. Not only are Canadian eggs delicious, but they provide some of the most important nutrients for Canadians to consume in a day.



**Two eggs contain 13 grams of high-quality protein**

Perfect for the "protein foods" portion of the plate.

## Make Canada's Food Guide work for you!



**Create a healthy eating environment** Fill your fridge and pantry with the ingredients to make nutritious meals. Keep non-perishable healthy snacks in your car, desk or bag for nutrition-on-the-run.



**Use time-saving tools** If you are rushed at dinner time, put eggs on the menu. Scrambled eggs are done in minutes. Add whole grain toast and lots of vegetables for a "Food Guide Snapshot" meal. Plus, it's more nutritious than ordering fast food or eating processed foods.



**Keep healthy options on hand** Keep cut vegetables and fruit in the fridge. Have hard-boiled eggs on hand for quick snacks (they last for seven days in the fridge!).



**Cook once and enjoy twice** Try quiches, frittatas, soups, stews, casseroles and pasta dishes, which are great for dinner and for lunch the next day.



**Try new foods** Opt for a never-tried vegetable next time you shop and try the two new recipes on the back of this handout.

# Simple and sensational



## Tip

Get kids involved! Learning cooking skills early can help to develop a lifetime of healthy eating habits.

Canada's Food Guide encourages Canadians to cook at home more often, enjoying meals with friends and family. As an ideal ingredient to include with other whole, unprocessed and vitamin-rich foods, eggs can help bring everyone to the table to enjoy fast, easy and delicious meals together.

## Farmhouse Breakfast Cups

Pair this with whole grain toast and a side of sautéed veggies for a perfect "Food Guide Snapshot" meal. Makes 12 cups.

### You'll Need:

- 12 eggs
- Pinch each salt and pepper

### Any combination of:

- 1 cup (250 mL) fresh chopped spinach
- ½ small tomato, finely chopped
- 2 green onions, finely chopped
- ½ small red pepper, finely chopped
- ¼ cup (60 mL) shredded cheddar cheese
- 2 tbsp (30 mL) grated parmesan cheese

### Prep and Cook:

- 1 Preheat oven to 350°F (180°C). Grease 12 muffin cups.
- 2 Whisk together eggs, salt and pepper; set aside.
- 3 Place desired combination of fillings into each muffin cup. Pour enough egg mixture until it almost reaches the top of the cup.
- 4 Bake for 15-18 minutes or until set.



## Tip

You can switch up the cheese or try different vegetables. Mushrooms, kale and asparagus would work very well.

## Freekeh and Egg Power Bowl

Freekeh is whole grain wheat that's harvested early, when the wheat still has a greenish hue. This meal-in-a-bowl has a nice Food Guide balance of whole grain freekeh, protein from eggs, and asparagus as the vegetable. Serve with a cucumber and tomato salad or some fresh fruit to ensure you get a good-sized portion of vegetables and fruit. Serves 4.

### You'll Need:

- ¾ cup (175 mL) fresh parsley
- ¼ cup (60 mL) fresh dill
- 3 tbsp (45 mL) finely chopped walnuts
- 1 tsp (5 mL) finely grated lemon zest
- 3 tbsp (45 mL) lemon juice
- 1 clove garlic, minced
- ½ tsp (2.5 mL) salt
- ¼ tsp (1.25 mL) freshly ground pepper
- ¼ cup (60 mL) olive oil
- ½ cup (125 mL) freekeh
- 8 eggs
- ½ lb (0.3 kg) asparagus, trimmed, chopped and steamed
- 1 ripe avocado, peeled, pitted and chopped
- ¼ cup (60 mL) finely crumbled feta cheese

### Prep and Cook:

- 1 To make pesto: In food processor, pulse parsley, dill, walnuts, lemon zest, lemon juice, garlic, salt and pepper until combined. With motor running, slowly pour in olive oil until almost smooth.
- 2 Cook freekeh according to package directions.
- 3 To poach eggs: Fill saucepan with about 3 inches (8 cm) of water; heat to gentle simmer. Break one cold egg into small dish or saucer; holding dish just above simmering water, gently slip egg into water. Repeat for remaining eggs. Cook in barely simmering water until white is set and yolk is cooked as desired, approximately 3 to 5 minutes. Remove eggs with slotted spoon. Drain well on paper towel.
- 4 Toss freekeh with half of the pesto. Divide evenly among 4 bowls. Add asparagus, avocado and crumbled feta; drizzle with a little more pesto. Top with two poached eggs.



## Tip

If you can't find freekeh, this recipe is also great with quinoa, pot barley or brown rice.

