



EGGS

A NATURAL CHOICE

GETCRACKING.CA



Eggs

ARE GOOD FOR

Everybody!



As registered dietitians, we happily recommend eggs for people of all ages, from babies to older adults. Not surprisingly, we always have eggs in our fridges!

Here's why you can feel good about choosing eggs:

- Eggs have a unique combination of 14 essential nutrients including protein, choline and vitamin B12 that support our health at every life stage.
- Eggs are one of the best healthy buys in the grocery store, offering a budget-friendly source of high-quality protein.
- With eggs on hand, you're always just minutes away from an easy-to-make veggie-packed omelette, a tasty breakfast burrito or an egg-topped power bowl.

In this brochure, you'll find must-try egg recipes we developed with different life stages in mind. They're simple and quick to prepare. They're also parent and kid approved!

Wishing you good health,

Shannon Crocker, MSc, RD

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LIFE STAGES



PREGNANCY & BABY



**YOUNG
ADULTS**



**OLDER
ADULTS**



KIDS

EGGS-PERT TIP!

Eat the whole egg!
Most of an egg's nutrients,
including vitamins, minerals,
antioxidants and half
of its protein, are in
the yolk.





LIFE STAGE: **PREGNANCY & BABY**



FOR A HEALTHY START IN LIFE, **CHOOSE EGGS!**

Many people know that eggs are an excellent source of protein, which babies need to grow, but did you know they're also high in choline?

Why choline matters:

- Choline supports your baby's brain development during pregnancy, breastfeeding and infancy.
- A recent Canadian study found that 87% of pregnant women did not get enough choline.

Egg yolks are one of the top food sources of choline.

PREGNANCY



INFANCY



Carol's tip: Babies can eat the whole egg starting at six months.

Health Canada now recommends offering babies the whole egg (whites and yolks, fully cooked) at six months, even for families with a history of food allergies. Try starting with scrambled eggs!

GREEK EGGS ON NAAN

Serves: 4

Prep Time: 10 minutes

Cook Time: 6 minutes

INGREDIENTS

2 naan (125 g each)

2 cups (500 mL) packed baby arugula
or spinach

8 eggs

2 tsp (10 mL) canola oil

½ tsp (2 mL) dried oregano leaves

¼ tsp (1 mL) **each** salt and pepper

½ cup (125 mL) quartered grape
tomatoes

½ cup (125 mL) diced cucumber

¼ cup (60 mL) diced red onion (optional)

½ cup (125 mL) prepared tzatziki

DIRECTIONS

In a large nonstick skillet over medium-high heat, warm naan, 1 minute per side. Repeat with remaining naan. Top each with arugula.

In a medium bowl, whisk eggs. Reduce heat to medium-low. In same skillet used for naan, heat oil. Pour in eggs. As eggs begin to set, move spatula across bottom and side of skillet to form large, soft curds. Cook just until no visible egg liquid remains.

Remove ¼ cup (60 mL) of scrambled egg into small bowl for your baby. Spoon remaining egg mixture on top of arugula. Sprinkle with oregano, salt and pepper. Top with tomatoes, cucumber, onion (if using) and dollop with tzatziki.

For babies
six months or older,
set aside some
scrambled eggs while
you assemble your
flatbread.





LIFE STAGE: **KIDS**



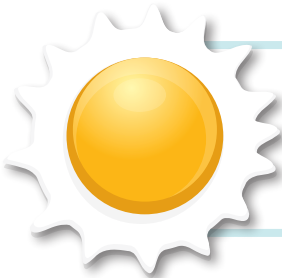
EGGS HELP YOUNG MINDS AND BODIES GROW!

Naturally nourishing eggs pack a lot of goodness into one small package, including nutrients that are important for children's physical and mental well-being.

Whether you're feeding a fussy toddler or hungry teen in need of a fast, healthy food fix, eggs offer a simple meal solution.

Here's how eggs are great for growing kids:

- Vitamin A for healthy eyes and skin
- Protein to support muscle and bone growth
- Vitamin B12 to make healthy blood cells
- Vitamin D for a strong immune system



Carol's tip: Eggs are one of the few foods naturally rich in vitamin D.

Two eggs provide up to 14% of kids' daily vitamin D needs. Where's the vitamin D? It's in the yolk, so enjoy the whole egg.

MUFFIN TIN FRITTATAS

Makes: 12 muffins
Prep Time: 15 minutes
Cook Time: 4 minutes
Bake Time: 25 minutes

INGREDIENTS

1 small onion, finely chopped
1 small clove garlic, minced
2 tsp (10 mL) canola oil
1 cup (250 mL) grated carrot
1 cup (250 mL) corn (fresh or frozen,
thawed and patted dry)

$\frac{1}{2}$ tsp (2 mL) **each** salt and pepper
1 cup (250 mL) shredded Cheddar cheese,
divided
12 eggs
2 tbsp (30 mL) diced jalapeño pepper
(optional)

DIRECTIONS

Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with parchment paper liners; set aside.

In a small nonstick skillet over medium heat, combine onion, garlic and oil. Cook, stirring occasionally, until softened, about 4 minutes. Remove from heat. Stir in carrot, corn, $\frac{1}{4}$ tsp each salt and pepper. Spoon vegetable mixture evenly into prepared pan and sprinkle each muffin with 1 tbsp (15 mL) of the cheese.

In a large bowl, whisk eggs, $\frac{1}{4}$ tsp each salt and pepper until combined. Pour evenly into muffin cups. (You may have a bit of egg mixture left over; resist the urge to over fill.)

Bake for 20 to 25 minutes or until frittatas are set in the centre and puffed. Sprinkle each with remaining cheese and jalapeño (if using). Let cool in pan on a wire rack for 5 minutes.



Kids
can help
with meal
prep!

TASTY TIP

Kick up the heat
and top your frittata
with salsa or sriracha
mayo.



LIFE STAGE: **YOUNG ADULTS**



EGGS ARE THE PERFECT FIT FOR A BUSY LIFESTYLE!

For ultimate health and convenience, add eggs to a salad, stir-fry or veggie-filled noodle bowl.

Here's why eggs and vegetables make a great team:


- The fat in egg yolks helps your body absorb some of the vitamins and antioxidants in vegetables, such as vitamin E and beta-carotene, which help keep your cells healthy.



Shannon's tip: Hard-cooked eggs make a super grab-and-go snack and pair well with raw veggies! They last for a week in the fridge.

Two eggs have 12 grams of hunger-curbing protein to help you manage munchies.

Bonus! Snacking on eggs after exercising helps you build more lean muscle, especially if you eat whole eggs, not just the egg whites.

 **2**
EGGS = **12 g** PROTEIN

Sources

Kim, J.E., Ferruzzi, M.G., Campbell, W.W. 2016. J Nutr 146(11):2199–2205.
Kim, J.E., Gordon, S.L., et al. 2015. Am J Clin Nutr 102(1):75–83.
van Vleet, S., Shy, E.L., et al. 2017. Am J Clin Nutr 106(6):1401–1412.

SPICY CHICKEN NOODLE BOWL

Serves: 4
Prep Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS

2 cloves garlic, pressed or grated	2 cups (500 mL) sugar peas, trimmed
1 carton (900 mL) no salt added chicken broth	1 red Thai chili (bird's eye), thinly sliced
1 pkg (227 g) crimini mushrooms, sliced	1 ½ tsp (7 mL) sesame oil
1 cup (250 mL) sliced carrots	2 cups (500 mL) cooked Asian noodles, such as udon or lo mein
3 tbsp (45 mL) hoisin sauce	1 cup (250 mL) sliced cooked chicken, beef or cubed tofu
1 tbsp (15 mL) grated fresh gingerroot	8 soft-cooked eggs, peeled and halved
1 tbsp (15 mL) soy sauce	2 green onions, thinly sliced
1 tbsp (15 mL) rice vinegar	
1 sweet red pepper, cut in bite-size pieces	

DIRECTIONS

In a large pot, combine garlic, broth, mushrooms, carrots, hoisin, ginger, soy sauce and vinegar. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 5 minutes.

Increase heat to high and return to a boil. Add red pepper and sugar peas; cook uncovered for 3 minutes or until tender-crisp. Remove pot from heat. With a slotted spoon, divide vegetables among 4 soup bowls. Stir red chili and sesame oil into pot. Return pot to heat and keep hot.

Add noodles and chicken to the bowls, equally dividing. Pour broth over top. Top with eggs and green onions.

This flavourful noodle soup looks and tastes as good as a restaurant meal.

SOFT-COOKING EGGS

Put eggs in a saucepan. Add cold water to cover eggs by 1 inch (2.5 cm). Cover and bring to a boil over high heat. Immediately remove from heat. Let stand for 4 minutes. Rinse under cold water.





LIFE STAGE: **OLDER ADULTS**



CHOOSE EGGS FOR LIFE-LONG HEALTH BENEFITS

When older adults ask us for advice on eating well, we recommend eggs! They're easy to prepare and they contain nutrients that help you thrive as you age.

Three ways that eggs help optimize your health:

- Egg yolks have two antioxidants – lutein and zeaxanthin – that reduce the risk of cataracts and slow the progression of age-related macular degeneration (vision loss).
- Egg yolks are one of the best food sources of choline, a nutrient that's associated with improved cognitive function in adults.
- A high-protein diet, along with exercise, can reduce age-related muscle loss. Maintaining your muscles is important for strength, balance and overall quality of life.



Shannon's tip: Eggs can be part of a heart-healthy diet.

Research studies have proven that dietary cholesterol, like the kind found in eggs, meat and dairy products, has little impact on blood cholesterol.

Sources:

Vishwanathan, R., Goodrow-Kotyla, E.F., et al., 2009. Am J Clin Nutr 90(5):1272–9.

Aljohi, H., Nelson, M.D., et al., 2017. J Clin Res Ophthalmol 4(1):14–21.

Zeisel, S.H., 2006. Annu Rev Nutr 26:229–50.

Ylilauri, M.P.T., et al., 2017. Am J Clin Nutr 105:476–84.

EGG & VEGGIE

SKILLET BAKE

Serves: 2

Prep Time: 10 minutes

Cook Time: 30 minutes

INGREDIENTS

1 sweet potato, thinly sliced and halved
(about 2 cups/500 mL)
2 tbsp (30 mL) canola oil, divided
½ tsp (2 mL) **each** salt and fresh ground
black pepper
½ tsp (2 mL) ground nutmeg
2 tomatoes, cut into wedges

1 garlic clove, minced
1 cup (250 mL) baby kale
½ cup (125 mL) drained and rinsed canned
black beans or chopped cooked
chicken or turkey
½ tsp (2 mL) dried thyme leaves
4 eggs

DIRECTIONS

Preheat oven to 350°F (180°C).

In a medium bowl, toss sweet potato, 1 tbsp (15 mL) of the oil, salt, pepper and nutmeg. Scatter in a 10-inch (25 cm) ovenproof skillet. Bake for 15 minutes.

In the same bowl, toss together tomatoes, garlic, kale, beans, thyme and remaining oil; set aside.

Remove skillet from oven. Flip potatoes; scatter tomato mixture on top. With a spoon, make 4 wells and crack 1 egg into each. Bake for 10 to 15 minutes or until eggs are cooked through (or have reached desired doneness). Serve topped with avocado mash.

AVOCADO MASH

Mash together a small avocado with a heaping spoonful of plain Greek yogurt, a squeeze of fresh lime juice, a finely chopped green onion and a sprinkle of salt.





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ONTARIO EGG FARMERS.**

THE MULLET KOOP FAMILY



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