

Making the Healthy Choice the **Easy** Choice

Get Cracking with Eggcellent Ideas!

Source: www.eggs.ab.ca

Did you know...

- That eggs are low in saturated fat and do not contain any trans fat.
- Each egg has about 70 calories of nutrition and goodness!
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Good News About Eggs

For years we have known that eggs are an excellent source of protein and a solid source of 14 essential nutrients, including iron and Vitamin D. Now, there's more good news. Eating eggs regularly can also be part of a heart healthy diet! ¹

For some fun ideas of things you can do with eggs during the Easter season see the Alberta Egg Producers website at:

<http://eggs.ab.ca/> The section on "Kids Stuff" has eggcellent recipes and eggceptionally fun ideas of things you can do with your family.

¹ Hu et al, 1999. A prospective study of egg consumption and risk of cardiovascular disease in men and womrn. Journal of American Medical Association 218; (15): 1387-1394



A Little About Hens and Eggs

The average laying hen today naturally produces more than 280 eggs a year - that's about one egg every 1½ days. Hens begin egg production at five to six months (19 weeks) of age and continue to lay for at least 12 months.

Brown eggs come from brown hens and while eggs come from white chickens. However, there is no difference in the nutritional quality of the eggs! All eggs are an excellent source of protein, which help build strong bones and improve the immune system for your children.

Eggs are part of the Meat and Alternative Food group and 2 eggs equal 1 serving.

Cooking with your child will provide the entire family with fun and healthy cooking habits.

Modeling how to have an active and healthy lifestyle is crucial if you want your child to be eggtraordinarily healthy. So get cracking with your family!

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Recipe of the Month Eggs in a Jiffy

Serves: 4

Ingredients

- 2 eggs
- 2 tbsp (30 mL) of milk
- * Pinch of dried basil or Italian seasoning, salt and peper.
- 2 tbsp (30 mL) shredded Cheddar cheese
- ½ tsp (2mL) chopped parsley (optional)

Instructions

1. In microwaveable mug, beat together eggs, milk and seasonings. Cover loosely with plastic wrap, turning it back slightly to vent.
2. Microwave on MEDIUM-HIGH (70% power) 1 to 1-1/2 minutes.
3. Remove plastic and stir. Sprinkle with cheese and parsley; cover and let stand 1 minute.

Suggestions

- For a complete meal, add 1/2 cup (125 mL) chopped cooked vegetables to basic recipe, and serve with whole wheat toast and a glass of milk.
- For a breakfast on the go, cut a whole wheat pita bread in half and spoon egg mixture in both pockets.
- Option: After beating eggs, add any of the following: chopped green onion, or chopped green, red or yellow peppers, or chopped cooked vegetables or meats.
- Substitute shredded mozzarella, Monterey Jack, Colby, or Swiss cheese for Cheddar cheese.

Adapted from
http://www.getcracking.ca/recipe_detail.asp?rid=121