

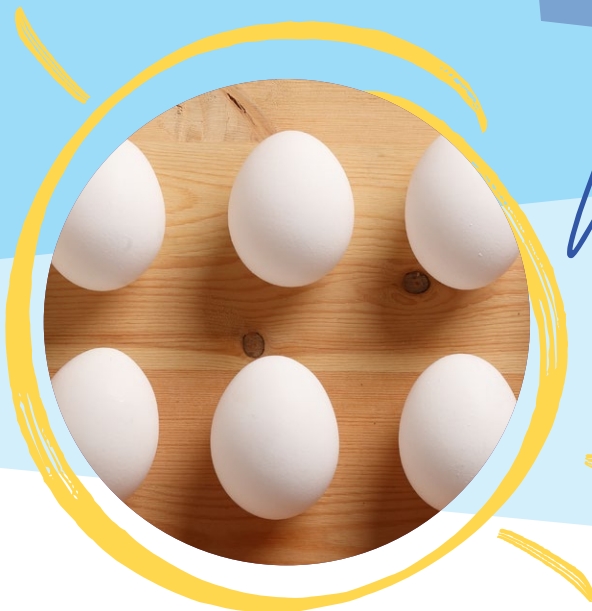
# Eggs

LOCAL NUTRITIOUS DELICIOUS



Manitoba  
Egg Farmers



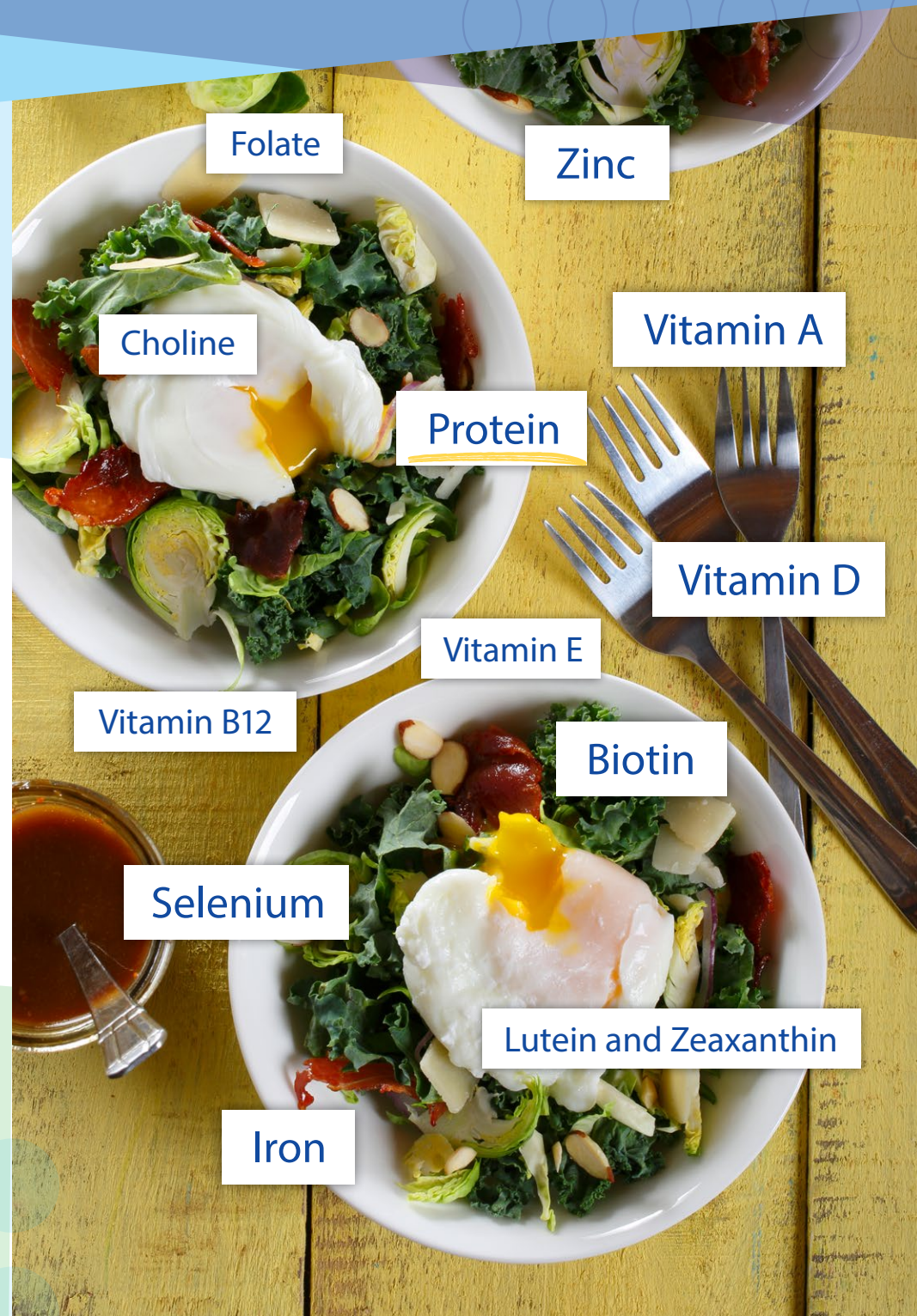


# Nine ESSENTIAL AMINO ACIDS

Eggs are one of the few foods considered to be a **complete high-quality protein source** because they contain all 9 essential amino acids. *Essential* means that the body cannot produce these amino acids on its own, which is why we need to include them in our diet. Amino acids are the building blocks that form protein in the human body. Protein is needed to build lean muscle mass, develop tissues and maintain cell health.

Two large eggs are considered a serving of protein according to Canada's Food Guide. A serving of eggs contains 13 grams of protein in addition to many nutrients that provide important health benefits.

High-quality protein





# Savoury FRENCH TOAST



5 eggs  
 1 cup (250 mL) milk  
 ¼ cup (60 mL) grated Parmesan cheese  
 ½ tsp (2 mL) dried oregano  
 1 clove garlic, minced  
 ¾ tsp (4 mL) coarse salt  
 ½ tsp (2 mL) freshly cracked black pepper  
 5-6 slices French bread, or other  
 crusty bread, cut into 1"- thick slices  
 1-2 Tbsp (15-30 mL) butter, for frying



## INSTRUCTIONS:

Place eggs, milk, cheese, oregano, garlic, salt and pepper into a large, shallow dish. Whisk together well. Add slices of bread to the baking dish and let soak 1 minute per side.

Melt 1 Tbsp butter in non-stick pan over medium heat.

Carefully place soaked bread slices into the hot skillet. Cook for 3-4 minutes until golden brown. Flip and cook another 3-4 minutes to ensure the French toast has cooked through.

## TOP EACH SLICE WITH:

Fried egg  
 Ham/bacon and cheese  
 Sliced tomato  
 Makes 6 servings



*Our new family favourite*



# Classic CHOCOLATE CHIP Cookies



1 cup (250 mL) butter, softened  
1 cup (250 mL) sugar  
1 cup (250 mL) brown sugar, packed  
2 tsp (10 mL) vanilla  
2 eggs  
3 cups (750 mL) all-purpose flour  
1 tsp (5 mL) baking soda  
½ tsp (2 mL) baking powder  
½ tsp (2 mL) salt  
1 cup (250 mL) chocolate chips  
1 cup (250 mL) salted caramel chips  
– or use 2 cups (500 mL) chocolate chips



## INSTRUCTIONS:

Pre-heat oven to 375°F (190°C). Line baking pans with parchment paper.

In a large mixing bowl, beat together butter, sugar and brown sugar until fluffy, about 3 minutes. Beat in vanilla and then the eggs, one at a time. In a separate medium-sized bowl, whisk together flour, baking soda, baking powder and salt. Add flour mixture to creamed mixture and mix just until combined. Add chips and mix to combine. Using a 1 Tbsp (15 mL) scoop, portion the cookie dough onto the baking pans, about 12 to each pan. Using a small glass or the back of a spoon, slightly flatten each cookie. Bake cookies for 8-10 minutes or until golden brown. Take them out of the oven when barely browned to yield a chewy cookie.

Makes 60 cookies

Great for sharing





1 Tbsp (15 mL) butter  
½ cup (125 mL) finely chopped onion  
1 Tbsp (15 mL) minced ginger  
½ tsp (2 mL) each salt and pepper  
8 eggs  
1 Tbsp (15 mL) mild or medium curry paste  
½ cup (125 mL) peas  
1 plum tomato, seeded and diced  
1 red Thai chili pepper, seeded and finely diced (optional)

### INSTRUCTIONS:

Melt butter in a large non-stick pan set over medium heat. Add onion, ginger, salt and pepper. Cook, stirring often until softened, about 5 minutes. Whisk eggs with curry paste and pour into pan.

Scatter peas, tomato and chili pepper (if using) over eggs. Cook until starting to set on bottom, about 2 minutes. Cook, stirring constantly until small curds are set, but still tender, about 3 minutes.

Makes 4 servings



*We're egg farmers*

← The eggs you buy in local grocery stores are produced by one of Manitoba's 170 regulated egg farmers like the Siemens family from Rosenort, Manitoba.



# EGG & CHEESE

## Quesadillas



4 – 6-inch (15 cm) flour tortillas  
10 large eggs  
1 tsp (5 mL) salt  
¼ tsp (1 mL) pepper  
2 Tbsp (30 mL) chopped cilantro (optional)  
2 cups (500 mL) Tex-Mex grated cheese,  
divided  
¼ cup (60 mL) unsalted butter for frying,  
divided

### Optional Toppings

½ cup (125 mL) salsa  
½ cup (125 mL) sour cream  
½ cup (125 mL) guacamole

### INSTRUCTIONS:

Crack 10 large eggs into a large mixing bowl. The eggs will yield 2 cups (500 mL) of egg mixture. Whisk in salt, pepper and cilantro.

Preheat a large non-stick frying pan over medium heat with 1 Tbsp (15 mL) butter. Using a ⅓ cup (80 mL) measuring cup, add egg mixture to the pan and swirl to coat the bottom of the pan. Cook until the centre is still a bit runny and the edges are cooked.

Sprinkle ⅓ cup (80 mL) cheese on top. Place a tortilla on top of the egg mixture, allowing the egg and cheese to adhere to the tortilla. Carefully flip the egg tortilla over in the pan and sprinkle ¼ cup (50 mL) cheese over half of the tortilla.

Fold the tortilla in half, creating a half circle. Brown tortilla on both sides. Repeat with remaining tortillas. Cut into wedges and serve warm with optional toppings.

Makes 4 servings



Kids love these



## SHOPPING FOR FRESH EGGS IN

# Manitoba

- **All eggs sold in Manitoba grocery stores are produced by regulated local egg farmers.** The eggs are picked up from the barn 1 – 2 times per week by the grading station. At the grading station, they are gently washed with a food-grade cleanser to remove any dust, feathers or manure from the shell, inspected to ensure Grade 'A' quality, packaged in cartons and **brought to the grocery store less than 1 week after being laid.**

- A Grade 'A' egg has a clean, uncracked shell, a firm yolk, a thick white (albumen) and a small air cell at the large end of the egg.

- Each carton of eggs features the Egg Quality Assurance (EQA®) mark, your assurance that Canadian eggs are produced according to strict food safety rules and animal welfare standards.



- There is a 'Best Before' date stamped on each egg carton. This date indicates the length of time the eggs will maintain their Grade 'A' quality. Once the eggs have aged beyond this date, the quality of the eggs will decrease. Older eggs are best used in thoroughly cooked dishes like hard-boiled eggs, scrambles and omelettes.
- Eggs are sized by weight. While all the eggs in one carton may not appear to be exactly the same size, they are within a specific weight range.
- There are many choices available at the egg case. Eggs are labelled according to the housing type the hens live in. Some eggs have been nutritionally enriched, such as omega-3 eggs or vitamin-enhanced eggs. Changes in the egg's nutritional profile all come from the feed the hen eats. If there is no mention of nutrient enhancements in the hen's feed, the eggs at the grocery store are all nutritionally the same from the classic white eggs to free-run or free-range organic.

High standards

# HOW TO CHOOSE EGGS AT THE *Grocery Store*

## CARTON

## CHOICE

## HEN HOUSING SYSTEM



### Grade A White or Brown

### Conventional Housing

Hens live in small groups, so even the timid ones get access to fresh food and water.



### Grade A White or Brown with Housing Enrichments

### Enriched Housing

Hens have room to stretch their wings, scratch their claws on scratch pads, perch up off the floor and lay their eggs in private nesting boxes.



### Free-Run

### Free-Run Housing

Hens have access to the barn floor and vertical space in a free-run barn. Hens can perch, eat, drink water and lay their eggs in private nesting boxes.



### Free-Range

### Free-Range Housing

Hens are able to go outside during favourable weather conditions. They can scratch in the earth and eat grass and insects. Hens can perch, eat, drink water and lay their eggs in private nesting boxes.

**Organic eggs** are laid by hens given an exclusive certified organic feed and housed in a free-range system.



### Nutrient Enhanced

### Hen Feed

All hens are seen by a poultry nutritionist. Egg cartons that read "Omega-3" contain eggs from hens that were fed flaxseed. There are vitamin-enhanced feeds that add vitamins E & D to enhance the egg.



## STORING EGGS AT

# *Home*



- **All eggs purchased in Canada should be stored in their carton in the refrigerator.** The carton prolongs the quality and freshness of the eggs, and prevents the eggs from absorbing strong odours and flavours of other foods through the 10,000 tiny pores on the eggshell. Keeping eggs in their carton also means the 'Best Before' date is visible.
- Ideally, eggs should not be stored in the refrigerator door, but in the main body of the refrigerator to ensure they are kept at a consistent cool temperature.



## EGGS ARE A NUTRITIONAL

# Powerhouse

**Rich in protein for lasting energy,** eggs are one of the most affordable sources of high-quality protein. Eggs are considered a complete protein because they contain all nine essential amino acids. Essential amino acids cannot be produced by the body and can only be obtained by eating a healthy, balanced diet.

Protein is found in both the egg yolk and white. Eat the whole egg to get all the nutritional benefits!



Protein is an important part of every cell in the human body. Protein provides building blocks for growth and repair of muscle, skin and other body tissues. Protein helps the body maintain a healthy metabolism and supplies calories for lasting energy.

Eating protein-rich foods like eggs helps keep us feeling full and satisfied longer. Choosing eggs at mealtimes and as snacks throughout the day contributes to a healthy, balanced diet.

Eggs are a powerhouse of nutrition providing high quality protein and essential nutrients to your diet.

Choosing the right foods for pre-and-post activity fuels your body for success. Aiming for 15 to 25 grams of protein after a workout or strenuous activity will help your body build muscle, repair body tissue and keep you feeling full for a longer period of time.




High-quality protein



# CHOLESTEROL:



Cholesterol is produced naturally by our bodies and is also found in the foods we eat, including eggs. Our body needs cholesterol for important functions like maintaining cell health and creating hormones and vitamin D.



Recent research shows that eggs can be enjoyed as part of a healthy diet with minimal impact on blood cholesterol levels. The body regulates blood cholesterol on its own, producing what it needs.

A small percentage of people with familial hypercholesterolemia are genetically more sensitive to dietary cholesterol than others. This means that when they eat foods containing cholesterol, their LDL cholesterol levels increase more than in other people. If you are genetically more sensitive to dietary cholesterol, you should consult a Registered Dietitian for dietary counselling. (Jo Ann S. Carson, 2020)

## References

Jo Ann S. Carson, A. H.-E. (2020). Dietary Cholesterol and Cardiovascular Risk: A Science Advisory From the American Heart Association. *Circulation*, 141:e39–e53.  
Jean-Philippe Drouin-Chartier, p. r. (2020, March 04). *Egg consumption and risk of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis*. Retrieved from thebmj: <https://www.bmj.com/content/368/bmj.m513>

## EGG NUTRIENT BENEFITS

Eggs are one of nature's most nutritious foods and are packed with many important vitamins and minerals.



### Protein

Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body

### Vitamin A

Helps maintain healthy skin and eye tissue; assists with night vision

### Vitamin D

Strengthens bones and teeth; may help protect against certain cancers and autoimmune diseases

### Vitamin E

An antioxidant that plays a role in maintaining good health and preventing disease

### Vitamin B12

Helps reduce fatigue and supports mood regulation

### Folate

Helps produce and maintain new cells; helps prevent a type of anemia; helps protect against serious birth defects if taken prior to pregnancy and during the first 3 months of pregnancy

### Biotin

Helps your body convert food into energy. It is also important in hair, skin and nail health

### Selenium

Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues

### Lutein and zeaxanthin

Maintains good vision; may help reduce the risk of age-related eye diseases such as cataracts and macular degeneration

### Choline

Plays a strong role in brain development and function

### Zinc

Supports immune function

### Iron

Carries oxygen to cells; helps prevent anemia



# EGG FACTS

**Did you know, a white or brown shelled egg is nutritionally the same.**

The eggshell colour is determined by the breed of hen.

The colour of the hen's earlobes can provide insights into the shell colour of the eggs she will lay.



WE'RE EGG FARMERS  
WE LOVE WHAT WE DO®



For nutrient analysis of all recipes in this booklet,  
visit the recipe section on [eggs.mb.ca](http://eggs.mb.ca)