

Taste Test: Eggs



Eggs are an amazing food! They have many properties that allow them to be incorporated into a variety of food applications. They are rich in protein, vitamins, and minerals and are therefore a great addition to your morning breakfast. White and brown eggs are the most common colours of eggs found in the grocery store, however they also come in a variety of other colours as well.¹

Food Fact

Eggs are a healthy source of cholesterol, protein, choline, and vitamins A and B7²

How to Choose:

- Make sure no eggs in the carton are cracked prior to purchasing²
- Check the expiry date on the egg carton to make sure the eggs are fresh
- Plan your grocery list so the eggs are one of the last ingredients to pick up
- Put the eggs in the fridge promptly when arriving home²

How to Prepare:

- Make sure your hands are well washed before and after handling raw eggs
- Eggs can be prepared in many ways, some examples include fried, scrambled, poached, and hard-boiled

How to Store:

- Keep eggs stored in the coldest section of your refrigerator
- Eggs stay fresh for approximately 4-6 weeks from the expiry date²

Note:

Canada's food guide recommends:

- Including eggs in your diet as they are a quality source of protein, containing all nine essential amino acids¹
- Trying hard-boiled eggs as a quick and delicious snack option!

I Tried It!

My Rating (circle one):



Would you like to try eggs again?

YES NO

Ideas for Serving Eggs:

- Prepare hard-boiled eggs, season with salt and pepper, cayenne, or everything bagel seasoning for added flavour
- Add hard-boiled eggs to salads or whole-grain vegetable bowls
- Add a fried egg to your avocado toast
- Make scrambled eggs into breakfast tacos, you could add cherry tomatoes, avocado, spinach, and cheese to increase the nutrient content

Caprese muffin-tin frittatas

Makes 8 servings

Ingredients

- 6 eggs
- 85 mL (⅓ cup) skim milk or unsweetened fortified plant-based beverages
- 2 mL (½ tsp) salt
- 2 mL (½ tsp) pepper
- 2 tomatoes, chopped finely
- 5 mL (1 tsp) dried basil
- 125 mL (½ cup) grated low fat mozzarella cheese.



Directions

1. Preheat the oven to 200° C (400° F). Lightly spray or paper-line 6 muffin tins.
2. In a large bowl, whisk together eggs, milk, salt, and pepper. Add tomatoes and basil and whisk well.
3. Using a ½ cup measuring cup, scoop batter into muffin tins until divided evenly. Add 1 tbsp of grated cheese on top of each frittata.
4. Cook frittatas in the oven for about 15 minutes, or until it is set.
5. Let cool for 3-5 minutes before removing from muffin tins.

Tip - Use up leftover vegetables you have in your fridge to help reduce food waste. Try adding sautéed spinach or kale, or finely chopped broccoli, cauliflower, and onions at step 2.

Tip- Make a double batch and refrigerate extras for 3 – 4 days or freeze for up to 2 – 3 months. Warm in the microwave when ready to eat.

Recipe adapted from [Canada's food guide](#).

Getting children involved in cooking at home makes them more likely to eat more protein and select healthy foods. For more information, please contact APPLE Schools at info@appleschool.ca.

1. Egg Farmers of Canada. Egg Nutrition. <https://www.eggs.ca/nutrition/view/1/egg-nutrition>. Accessed March 2022.
2. Harvard T.H. Chan: School of Public Health. The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/food-features/eggs/>. Accessed March 2022.