PARKDALE FOOD CENTRE
NEIGHBOUR TO NEIGHBOUR

YOUR LOCAL FOOD BANK

FOOD OF THE MONTH EGGS

EGGS the perfect food! Eggs are eaten at breakfast, lunch and dinner. Extremely versatile and quick and easy to prepare, eggs are a great source of protein and include excellent sources of the B vitamin choline, a key nutrient for brain function and health. The idea that eggs, as a source of saturated fats, are unhealthy and promote heart disease is a complete myth. While it is true that fats from animal sources contain cholesterol, this is not necessarily something that will harm you. Eggs are one of the most healthful foods you can eat, and can actually help prevent disease.

A food with one of the highest quality sources of protein, eggs contain all of the essential amino acids and are used as the standard against which all protein is measured. A great source of inexpensive protein, eggs can replace animal protein in any one of your three main meals or, used as a healthy and filling snack. And, eggs are available all year round.

The best way to store your eggs is to make sure that their pointed end is facing down. This will help to prevent the air chamber and the yolk from being displaced. Storing your eggs in the back of the refrigerator will keep them cold enough to keep for up to one month.

HEALTHY AND NUTRITIOUS WAYS TO COOK YOUR EGGS.

POACHED eggs are a quick and nutritious way to prepare eggs in a matter of minutes. Perfect at any time of the day the addition of vegetables makes it a satisfying and complete meal!

- Bring approximately 1 cup of water to a medium boil in a small saucepan. Adding a few drops of vinegar will help to hold the egg together.
- Crack eggs into a bowl, one at a time and slide into the boiling water.
- Put a lid part way over the pan, being very careful that it does not boil over.
- Cook for approximately 2-3 minutes depending on how you like your yolk cooked.
- Using a slotted spoon, remove and enjoy.

BOILED eggs are a very convenient and portable snack. Two eggs equal one serving and will help to balance blood sugar between your main meals. Prepare in advance for an easy to grab snack!

- Put eggs into a small saucepan and cover with water.
- Place on stove, cover and bring to a full boil.
- Once the water has boiled, remove from heat, keeping lid on, and let sit for 9 minutes for the perfect hardboiled egg.
- After the 9 minutes, drain and add cold water to stop the cooking process.
- Peel and put in fridge until ready to eat. Consume within 3-4 days.

FRYING eggs in oil is the least healthy way to enjoy the health benefits of eggs. If you haven't already, try the poaching and boiled methods of preparing.

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FRITTATA Serves 2

PARKDALE FOOD CENTRE
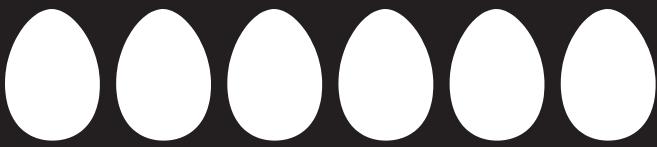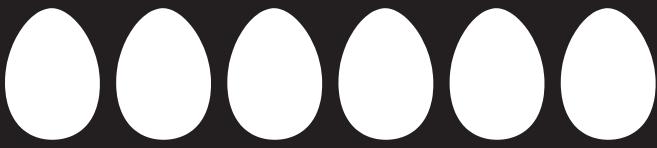
INGREDIENTS:

☐ 4 eggs

☐ 1 cup of mixed vegetables such as grated carrot, chopped tomato, or canned diced tomatoes drained, bell peppers and onion. (Use any vegetables you have on hand)

☐ 1 clove of garlic, minced

☐ 1 teaspoon of olive oil

DIRECTIONS:

1 Heat olive oil in skillet, add vegetables - toss until soft

2 Wisk eggs in a bowl

3 Evenly distribute vegetables across the skillet and pour egg mixture over the top; roll the pan until vegetables are evenly coated.

4 Do not stir, lower the heat and allow the eggs to firm. If not cooking evenly, place lid on top or if using an oven proof pan place in oven at 375 degrees until egg is firm.

VEGGIE OMELET Serves 1

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INGREDIENTS:

☐ 2 eggs

☐ 1 teaspoon olive oil

☐ ¼ cup chopped red pepper

☐ ¼ cup finally chopped mushrooms

☐ 2 tablespoons finely chopped onions.

☐ 1 garlic clove, minced (optional)

DIRECTIONS:

1 Heat oil in large sauté pan. Stir fry all vegetable ingredients until slightly softened, about 2-3 minutes

2 Scramble eggs in a bowl and add to veggie mixture.

3 Stir, mixing together until egg has cooked.

4 Serve with sliced tomatoes.