

Your guide to

# Eggs

Bonus:  
3 easy  
recipes



A protein powerhouse. A delicious meal. An affordable grocery store item. Fast to cook and tasty to eat, the humble egg is one of nature's most popular and nutritious foods.



### A huge bang for your buck

With an average of just 75 calories each, you'd think the chicken egg wouldn't have that much going for it. But that's far from the case!

A single egg is naturally rich in vitamins and minerals, including a whopping 7 grams of protein and a heaping portion of selenium, which may reduce the risk for some cancers. Eggs also come with immune-boosting nutrients like lutein and zeaxanthin to fight illness. All that for less than 2 grams of saturated fat? Yes please!

### The kitchen shape-shifter

Eggs are so well-rounded, it's kind of unbelievable. Scrambled. Hard-boiled. Soft-boiled. Poached. Fried. Sunny-side up. Over easy. Baked. Shirred. Basted. What other natural food can be cooked in so many different and delicious ways?

Eggs are a great addition to any meal, be it breakfast, lunch, dinner, a snack, or even dessert! With its ability to round out a hearty hash, dress up a light salad, upgrade a pasta dish, and add rich texture to baked goods, it's no wonder the chicken egg is a savory staple used all over the world.

PRO TIP: Eggs are nice and cheap! So if you can spare an extra dollar or two, try to buy eggs that come from local farms and chicken coops. You can support your community and enjoy the food you love.



## 5 Quick, healthy egg recipes ↘

\*NOTE: These recipes all call for chicken eggs, but you can swap in vegan options like silken tofu, crumbled tofu, and even mashed banana.



## Breakfast

# Black bean & egg breakfast scramble

Start your day with a protein-packed, hunger-busting scramble.

## Ingredients

½ cup sliced red bell peppers  
¼ cup sliced onion  
½ cup canned black beans,  
rinsed and drained  
¼ tsp chili powder  
Salt and pepper, to taste  
1 tsp olive oil  
1 cup baby spinach  
1 whole egg, beaten  
2 egg whites, beaten  
2 Tbsp 2% fat shredded  
cheddar cheese

## Preparation

*Makes:* 1 serving

*Preparation time:* 8 minutes

*Cook time:* 7 minutes

Sauté peppers, onion, beans, chili powder, and salt and pepper in oil for 4-5 minutes. Add spinach, egg, egg whites, and cheese and cook for an additional 2-3 minutes.

## Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
292	13 g	3 g	406 mg	166 mg	28 g	11 g	4 g	23 g	830 mg





## Lunch

# Mediterranean salad

Enjoy a quick midday meal with some bright, sunny flavors in mind. Eggs and olives bring a rich depth to this salad, while some lemon juice and tomatoes add a nice lift.

## Ingredients

2 eggs  
½ cup halved  
grape tomatoes  
½ cup canned artichokes,  
drained and quartered  
3 Tbsp sliced pitted  
black olives  
1½ cups baby spinach  
1 Tbsp fresh lemon juice  
2 tsp olive oil  
Salt and pepper, to taste

## Preparation

*Makes:* 1 serving  
*Preparation time:* 5 minutes  
*Cook time:* 12 minutes (to hard-boil eggs)

Bring water to boil. Boil eggs for 12 minutes. Remove them from water and shell them. Chop eggs into quarters. In a medium bowl, combine eggs, tomatoes, artichokes, olives, spinach, lemon juice, and olive oil and toss well. Add salt and black pepper to taste, and serve.

## Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
329	22 g	4 g	597 mg	372 mg	17 g	4 g	6 g	17 g	379 mg



## Snack

# Snack power plate

Feeling peckish between meals? Hard-boil an egg and enjoy it with some savory veggies for a satisfying snack.

## Ingredients

- 1 egg
- 2 Tbsp hummus
- 6 kalamata olives, cut into quarters
- ½ cup sliced cucumber
- ½ cup sliced baby carrots

## Preparation

*Makes:* 1 serving

*Preparation time:* 5 minutes

*Cook time:* 12 minutes (to hard-boil egg)

Bring water to boil. Boil egg for 12 minutes. Remove it from water and shell it. Slice it in half lengthwise.

Arrange all ingredients on a plate. Spread hummus on egg halves and top with olives and veggies, as desired.

## Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
217	13 g	3 g	471 mg	186 mg	17 g	4 g	6 g	10 g	335 mg





Dinner

## Indian-style shakshuka

Experience the many flavors and aromas of a spiced shakshuka. This hearty meal is a delight for the senses.

### Ingredients

1 tsp olive oil  
1 cup finely chopped onion  
½ cup finely chopped tomato  
1 tsp garlic paste  
(or 1-2 garlic cloves, crushed)  
½ tsp red chili powder  
½ tsp cumin powder  
Salt and pepper, to taste  
½ cup tomato puree  
4 eggs  
2 Tbsp chopped coriander  
or 1 tsp dried coriander

### Preparation

*Makes:* 2 servings

*Preparation time:* 10 minutes

*Cook time:* 15 minutes

Heat olive oil in a cast-iron skillet or a heavy-duty nonstick pan. Add chopped onion. Sauté until the onions begin to caramelize, turning a light brown in color.

Add the chopped tomato, garlic paste, salt, pepper, and spices.

Continue to sauté for another 5 minutes. Add the tomatoes and tomato puree. Stir to combine and simmer for one minute. Taste and adjust the seasonings. Using a spoon, make four indentations, or "wells," in the tomato mixture. Gently crack an egg into each indentation.

Reduce the heat, cover the skillet with a lid, and cook on low heat until the egg whites are set, about 5 minutes. Uncover, and add the fresh or dry coriander for garnish. Serve with 1-2 slices whole grain bread, if desired.

### Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
201	10 g	3 g	503 mg	372 mg	16 g	3 g	7 g	15 g	652 mg



## Dessert

# Chocolate mug cake

Satisfy your chocolate craving with a light, nutrient-rich treat!

## Ingredients

¼ cup almond flour  
¼ tsp baking powder  
2 tsp cocoa powder  
1 egg white  
1 Tbsp maple syrup  
1 Tbsp nonfat milk  
(or almond milk)

## Preparation

*Makes:* 1 serving

*Preparation time:* 3 minutes

*Cook time:* 2 minutes

Mix all the dry ingredients (almond flour, baking powder, cocoa powder) in a small mug or ramekin.

In a separate small bowl, beat the egg white until frothy. Add maple syrup and milk into egg white and mix just until combined.

Add egg white mixture into the mug and stir until combined.

Microwave for 60-90 seconds or until the cake is fully set.

## Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Potassium
253	14 g	1 g	196 mg	1 mg	24 g	4 g	15 g	12 g	157 mg