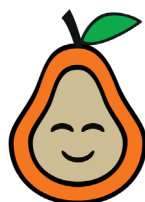
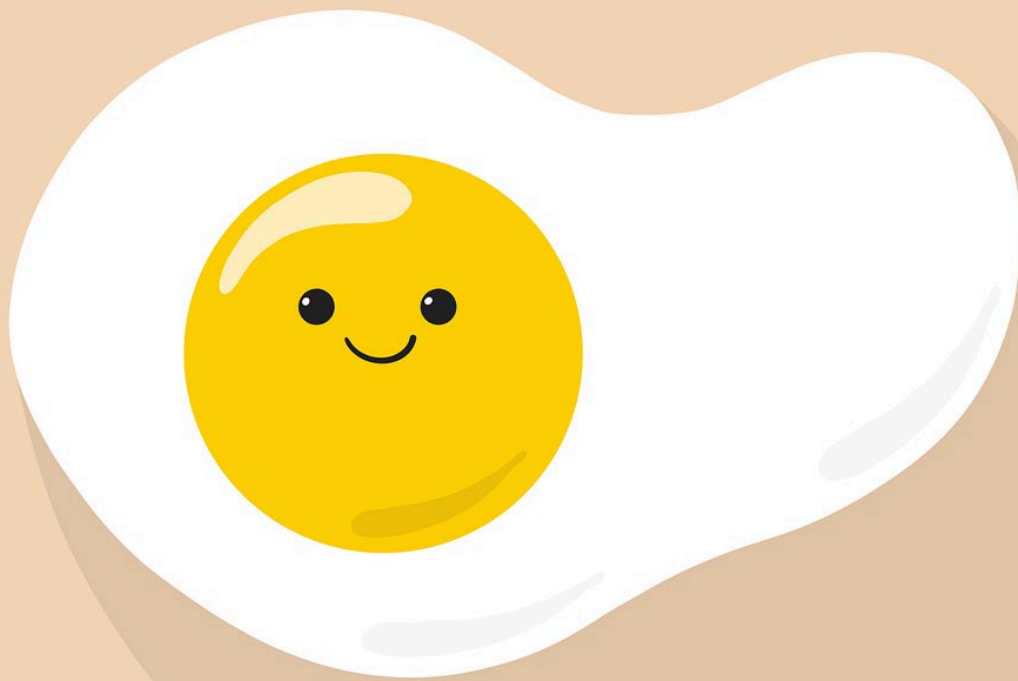


BASIC EGG RECIPES



Healthy Start

Cooking with Eggs: Simple and Delicious Ideas

- ∞ Eggs are packed with protein to help build strong muscles, provide iron for healthy blood, contain healthy fats, and vitamins and minerals.
- ∞ Eggs cook fast, making them perfect for busy days. In just minutes, you can have a tasty and filling meal.
- ∞ This book includes 8 easy-to-make, nutritious, and delicious egg recipes. These recipes use simple ingredients and are packed with flavor.
- ∞ Eggs can be introduced to babies after 6 months of age. Offer a small amount and watch for an allergic reaction (visit Food Allergy Canada www.foodallergy.ca for more info). Remember to fully cook eggs for babies.
- ∞ Did you know that the color of an egg's shell depends on the breed of the hen? White hens lay white eggs, and brown hens lay brown eggs. Some breeds even lay blue or green eggs! But, the nutritional value is all the same.

Safety

- ∞ It is safest to fully cook eggs (especially if you are pregnant or feeding children under age 5). Fully cooked means the yolk and white of the egg are firm.
- ∞ Always wash your hands with soap and warm water before and after handling eggs. This helps stop germs from spreading.
- ∞ Clean any surfaces, utensils, or dishes that have touched raw eggs with hot, soapy water.

Storage

- ∞ When you buy eggs, make sure the shells aren't cracked or dirty.
- ∞ Keep eggs cold. Put them in your fridge as soon as you are home from the store.
- ∞ Put leftover egg dishes in the fridge within two hours of cooking. Eat them within 3 to 4 days.

You'll find even more egg recipes on our website! Visit hsmm.ca for more delicious and simple egg recipes.

Over Easy Eggs

A quick way to make eggs.

Serves 1

Ingredients:

Vegetable or canola oil 1 teaspoon

Egg 1

Salt, pepper optional



Directions:

1. In a frying pan, heat oil on low/medium heat for one minute.
2. Carefully crack the egg into the pan.
3. Cook for 2 minutes until the egg white is firm.
4. Gently flip the egg with a spatula(or flipper), being careful not to break the yolk. Cook for another 1-2 minutes.
5. Season with salt and pepper if desired.

Tips:

- Pregnant women and children under 5 should only eat fully cooked eggs.
- For well done or steam-fried eggs, prepare sunny-side up eggs. Then during the last minute of cooking add 1 tsp (5 mL) water over each egg and cover the pan with a lid. Cook until yolk is firm.
- Add different dried herbs to flavor the eggs like parsley or basil.

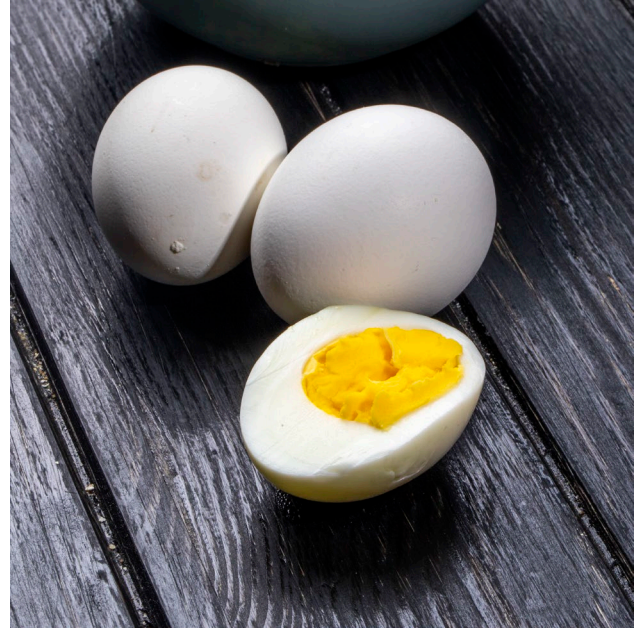
Hard Boiled Eggs

A nutritious grab and go snack.

Serves 1

Ingredients

Eggs	2
Water	2 cups



Directions:

1. In a small pot, place eggs in a single layer and fill with 2 cups of water.
2. Cover the pot and bring to a boil over high heat.
3. Once boiling, remove pan from heat to stop boiling. Let eggs sit in the hot water with the lid on for 12 minutes.
4. Drain hot water and run cold water on the eggs or place in a bowl with cold tap water to stop the cooking. You can add ice to speed up the cooling process.
5. Once cooled, peel and enjoy. To peel a hard-boiled egg, crack the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell. Begin peeling at the large end. Hold the egg under cold running water or dip it in a bowl of water to help remove the shell.

Tips:

- If boiling extra large eggs – cook 3 minutes longer.
- To determine whether an egg is hard boiled or raw, spin it. If it spins round and round evenly, it is hard boiled. If it wobbles while spinning, it is a raw egg.
- Boiled eggs will last a week in the fridge. If peeled, keep in an airtight container with a lid.
- Hard boiled eggs that have a green ring around the yolk are safe to eat. This happens when hard boiled eggs cool too slowly.

Breakfast in a Mug

A delicious and quick breakfast.

Serves 1

Ingredients:

Eggs	2
Milk	1 tablespoon
Peppers, cubed	2 tablespoons
Cheese, grated	2 tablespoons



Directions:

1. In a microwave safe mug, combine all ingredients and stir well with a fork. For other flavour options, see the tip box.
2. Cook in the microwave for 1 minute and 30 seconds or until no liquid remains.
3. Allow to cool and enjoy!

Tips:

- Try different types of cheeses such as cheddar, mozzarella and havarti.
- Serve this with oatmeal or toast for a hearty meal.
- Try adding hot sauce after cooking for a spicy kick or season with salt and pepper as desired.

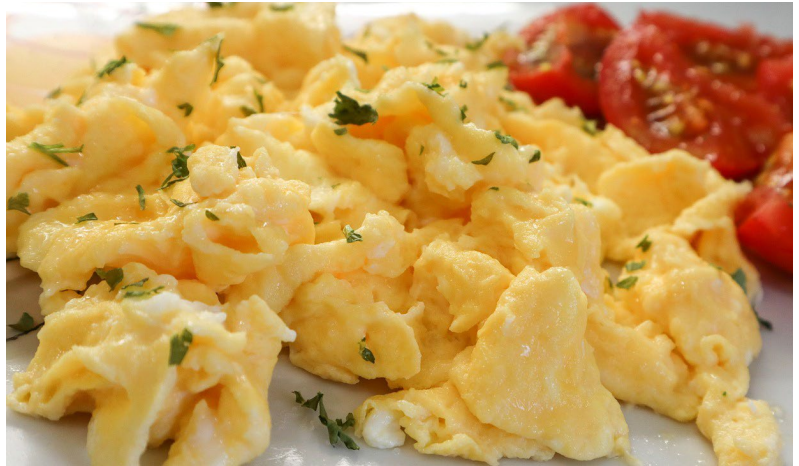
Fluffy Scrambled Eggs

Great finger food option for your baby.

Serves 1

Ingredients:

Eggs 2
Vegetable oil 1 teaspoon



Directions:

1. Crack the eggs into a small bowl.
2. Whisk or mix together with a fork until the whites and the yolks are combined.
3. Heat oil in a frying pan on medium heat.
4. Pour the eggs into the pan and cook over low-medium heat. Once the eggs are set around the edges (eggs on the edge of the pan is no longer liquid), take a spatula or a wooden spoon and push the eggs into the center of the pan. This will allow the uncooked egg to gently cook.
5. Cook the eggs until they are firm but not dry and no visible liquid remains.

Tips:

- Add 2 tablespoons of milk for creamier eggs. It adds a little bit of calcium for stronger bones.
- You can also add frozen or diced vegetables or cheese into the eggs before cooking. Try: green peppers, onions, mushrooms, or frozen peas/carrot mix.
- Try adding hot sauce after cooking for a spicy kick or season with salt and pepper as desired.
- This recipe is great to introduce to babies after 6 months of age.

French Toast

French toast is a great way to use stale bread.

Serves 2

Ingredients:

Eggs	2
Milk	1/4 cup
Bread	4 slices
Cinnamon	1/2 teaspoon
Margarine	2 teaspoons
Vanilla extract, optional	1 teaspoon



Directions:

1. In a bowl, mix together the egg, milk and cinnamon with a fork; add vanilla if desired.
2. Dip each side of the bread into the mixture to ensure both sides are coated evenly.
3. In a frying pan, melt margarine over medium heat. Add the bread.
4. Cook each side of the bread until golden brown, about 2-3 minutes per side.
5. Cool on a plate. Serve and enjoy!

Tips:

- Serve french toast with a little maple syrup and fruit if desired.
- Instead of syrup, you can also serve it topped with peanut butter and jam or yogurt for a fun twist.
- Babies over 6 months can enjoy this meal. Offer the finished recipe mashed or cut-up into bite sized pieces for baby to eat with their fingers.

Easy Egg Salad

This is a quick recipe to make ahead of time and store in the fridge for up to 4 days.

Serves 4

Ingredients:

Eggs- boiled, peeled and mashed	6
Mayonnaise	3 tablespoons
Mustard	1 teaspoon
Garlic powder	1/4 teaspoon
Salt	1/4 teaspoon



Directions:

1. In a bowl, add chopped eggs, mayonnaise, mustard, garlic powder, salt and pepper. Mix until well combined.
2. Refrigerate until ready to serve or keep in the fridge for up to 4 days in an air-tight container with a lid. See tip box for serving options.

Tips:

- Serve this filling between two slices of bread for an easy sandwich. You can also try this on whole wheat tortillas, buns or bagels.
- Egg salad is also delicious as a lunch plate with crackers, fresh vegetables like carrots and cucumber and half a dill pickle.
- Egg salad can be stored for up to 4 days in the fridge. <https://eggs.ca/eggs101/how-to-make-perfect-egg-salad/>
- Babies over 6 months can enjoy this meal! Try different textures based on your baby's skills. Save half an egg before adding the rest of the salad ingredients for baby. You can puree or mash or chop into bite sized pieces for baby to pick up.

Veggie Frittata Cups

A muffin tin can be used for more than just making muffins. Try this tasty recipe.

Serves 6

Ingredients:

Eggs	12
Milk	¼ cup
Broccoli, chopped	1 cup
Mushrooms, sliced(optional)	5
Cheese, shredded	¼ cup
Salt	1 teaspoon
Pepper	½ teaspoon



Directions:

1. Preheat oven to 350°F (180°C). Coat a 12-space muffin tin with oil, margarine or use muffin liners.
2. In a large bowl, whisk the eggs and milk together with a fork.
3. Mix in salt and pepper.
4. Add in the broccoli and mushrooms. Stir together.
5. Fill each muffin cup approximately three-quarters full, distribute it evenly.
6. Sprinkle each muffin cup with cheese.
7. Bake for 15-20 minutes until no liquid remains.
8. Cool for about 10 minutes before removing from the muffin tin. Enjoy!

Tips:

- Serve the frittatas with toast for an easy meal.
- Try a variety of vegetables and cheese combinations. For example: tomato, spinach and mozzarella or peppers, onions and cheddar cheese.
- Babies over 6 months can enjoy this meal! Try different textures based on your baby's skills. Mash egg with a fork or cut into bite sized pieces for baby to eat with their fingers.
- This recipe also stores well in the freezer. Once cooled, transfer to a Ziplock bag or airtight container with a lid. Using masking tape and a permanent marker, label and date the eggs, Microwave from frozen for 1-2 minutes when ready to eat!

Garden Ramen Bowl with Eggs

Ramen soup has a flavorful broth, noodles, and variety of toppings to create a comforting and satisfying meal.

Serves 4

Ingredients:

Chicken broth	4 cups
Light soy sauce	1 tablespoon
Garlic, finely chopped (or garlic powder)	1 clove (or 1 teaspoon)
Ginger powder	1 teaspoon
Instant ramen noodles	2 packages
Eggs, hard boiled	4
Salt	1 teaspoon
Pepper	½ teaspoon



Directions:

1. In a large pot, bring broth to a boil and reduce heat to medium-low. Add soy sauce, garlic and ginger powder. Allow the contents to simmer for 10 minutes.
2. Turn stove to high and return to a boil. Cook carrot, peas, and mushrooms until tender - about 3 minutes.
3. Add the noodles to the pot (discard the seasoning package) and boil for another 2-3 minutes or according to the package directions.
4. Divide the broth, noodles and vegetables between 4 bowls. Top each serving with a boiled egg cut in half.

Tips:

- For a vegetarian version, use vegetable broth instead of chicken broth.
- There are many types of noodles available at stores. Try other noodle options for this dish like rice noodles, brown soba noodles or “chow mien” noodles. The cooking times may differ a little, it’s best to check the package cooking time suggestions.
- You can also mix and match vegetables for this dish. Use whatever you have on hand or try new ones like bok choy!