




Eat Healthy with Eggs

10 delicious recipes from
Canadian dietitians





Eggs are loaded with nutrients and have many health benefits. They are an excellent source of protein, contain healthy fats and provide a source of 13 essential nutrients including harder to find nutrients like choline and vitamin D. Research shows that dietary cholesterol from eggs has little impact on blood cholesterol levels, so you can enjoy eggs regularly as part of a healthy diet.

Embrace the yolk! Egg yolks contain all of the fats, micronutrients, and almost half of the protein. To get the most health benefits from eggs make sure you enjoy the whole egg!

This recipe booklet is made in partnership with Canadian Registered Dietitians who love eggs and will give you new ideas of how to easily incorporate eggs into delicious and nutritious recipes. Flip through to see favourite recipes from dietitians across Canada ranging from BLT Pasta Salad, Egg Tostadas, Anda Bhurji and a Spinach Mushroom and Onion Omelette, you can see just how versatile eggs are from morning to night.



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Hannah Magee, RD

@hannahmagee_rd
hannahmageerd.com

Nutrients per serving (½ skillet)

Calories	500 kcal	Sodium	620 mg	Sugars	6 g
Fat	31 g	Carbohydrate	38 g	Protein	19 g
Saturated Fat	7 g	Fibre	5 g		

Pesto Eggs & Potato Skillet

This Pesto Eggs & Potato Skillet is a quick, easy, and healthy one-pan meal for any time of the day. Bonus? The cleanup is easy too!



servings
2



preparation time
10 minutes



cooking time
20 minutes



total time
30 minutes



Ingredients

- 2 tbsp (30 mL) olive oil
- 2 cloves garlic, minced
- 1 medium red bell pepper, chopped
- 6 small yellow potatoes, chopped
- Salt and pepper to taste
- 3 large kale leaves, de-stemmed and chopped
- 2 tbsp (30 mL) basil pesto homemade or store-bought, divided
- 4 large eggs
- 2 tbsp (30 mL) feta cheese

Instructions

1. Heat olive oil in a pan over medium-high heat, add minced garlic and chopped red bell pepper and stir for 3–4 minutes until fragrant.
2. Mix in chopped yellow potatoes, season with salt and pepper to your liking. Cover the pan and cook potatoes for approximately 15 minutes until softened and beginning to brown.
3. Add chopped kale and half of basil pesto, stirring until kale has softened, approximately 2–3 minutes.
4. Make room in the pan to crack the eggs in. Cover, and let eggs cook until whites are done but yolks are still runny.
5. Top with remaining pesto, sprinkle with feta cheese, and serve!



**Nita Sharda, RD &
Jessica Penner, RD**

@happyhealthyeaters
happyhealthyeaters.com

Nutrients per serving (¼ recipe)

Calories	240 kcal	Sodium	440 mg	Sugars	5 g
Fat	16 g	Carbohydrate	11 g	Protein	14 g
Saturated Fat	3.5 g	Fibre	3 g		

Anda Bhurji

Indian-spiced scrambled eggs and veggies: perfect for babies and the whole family!



servings
4



preparation time
5 minutes



cooking time
20 minutes



total time
25 minutes



Ingredients

2 tbsp (30 mL) canola or avocado oil
1 ½ tsp (7.5 mL) cumin seeds, whole
½ cup (125 mL) onion, diced
1 tbsp (15 mL) ginger, minced
1 clove garlic minced
1 cup (250 mL) frozen green peas
⅔ cup (160 mL) diced mushrooms
½ cup (125 mL) diced bell peppers
½ cup (125 mL) diced tomatoes
1 tsp (5 mL) turmeric
¼ – ½ tsp (1.25–2.5 mL) cayenne (optional)
¼ tsp (1.25 mL) garam masala
½ tsp (2.5 mL) salt (omit for baby)
7 eggs, whisked (feel free to use
8–9 eggs for a larger volume)
Cilantro for garnish

Instructions

1. Heat oil for about 90 seconds over medium heat, and add in cumin seeds. Let the cumin seeds sizzle for one minute, ensuring they are not burning.
2. Add in onion, ginger and garlic, sauté for 4 minutes.
3. Turn the heat down to medium low. Add in frozen green peas, sauté, stirring frequently about 5 minutes. In Indian cooking we really like to cook the peas through.
4. Add in mushroom and bell peppers, sauté for 2 minutes until they soften.
5. Add in diced tomato, turmeric, cayenne, garam masala, and salt. Cook until the tomato is integrated into the vegetables, about 4 minutes.
6. Pour in whisked eggs. Do not mix the mixture right away, let the eggs cook for 30 seconds and then with a spatula fold the eggs. Continue to fold until the eggs are cooked through, about 3 minutes. The more you break it apart the finer the “scramble” will be. Work the egg as much or as little as you’d like for your baby.
7. For adults – garnish with chopped cilantro. Serve with naan, roti, bun, or toast spread with ghee or butter.



Tamara Saslove, RD

Nutrients per serving (1 omelette)

Calories	480 kcal	Sodium	700 mg	Sugars	4 g
Fat	38 g	Carbohydrate	10 g	Protein	26 g
Saturated Fat	16 g	Fibre	3 g		

Spinach, Mushroom and Onion Omelette

Omelettes are such a great weeknight dinner idea! They're quick and easy, filling and you can pretty much put anything in an omelette. This is one of my favourite flavour combinations and is perfect served with whole grain bread or potatoes.



servings
2



preparation time
5 minutes



cooking time
15 minutes



total time
20 minutes

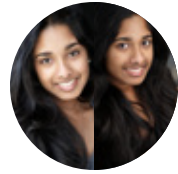


Ingredients

- 1 tbsp (15 mL) oil
- 1 cup (250 mL) cremini mushrooms, thinly sliced
- 1 medium onion, sliced
- ½ tsp (2.5 mL) kosher salt, divided
- ½ tsp (2.5 mL) black pepper, divided
- 2 cups (500 mL) fresh baby spinach
- 5 large eggs
- ½ cup (125 mL) shredded Gruyere cheese
- 2 tbsp (30 mL) butter, divided
- Minced fresh parsley, for garnish

Instructions

1. Heat a large skillet over medium-high heat, add oil. Once hot, add mushrooms and onion, cooking about 5 minutes, until golden and soft. Season with ¼ tsp salt and pepper, then stir in baby spinach until wilted. Transfer mushroom mixture to plate and wipe out skillet.
2. Crack eggs into small mixing bowl with remaining salt and pepper, and beat with small whisk or fork until blended and a little frothy.
3. Add 1 tbsp of butter to skillet and heat over medium heat.
4. Add half of the egg mixture and stir around the skillet with a rubber spatula, pulling the sides in towards the middle, swirling the pan slightly. Cook about 2 minutes, until eggs are just slightly shiny on top.
5. Add half of mushroom mixture to one side of the egg, then sprinkle with ¼ cup cheese. Carefully lift up the edge of the omelette and check to see if the egg is lightly golden on the bottom. Once golden, gently fold it over the filling.
6. Slide omelette out of skillet and onto plate to serve. Repeat to make a second omelette. Serve garnished with minced parsley and extra black pepper if desired.



**Symone Moodoo, RD
& Chantel Moodoo, RD**
@double.dose.of.vitamin.c



Nutrients per serving (¼ salad)

Calories	630 kcal	Sodium	730 mg	Sugars	12 g
Fat	30 g	Carbohydrate	57 g	Protein	33 g
Saturated Fat	15 g	Fibre	4 g		

Egg BLT Pasta Salad

Switch things up for lunch and make this deconstructed version of the popular BLT sandwich by turning it into one incredible pasta salad! Make this meal more filling by throwing in some high-quality eggs. Eggs make the perfect addition to any meal as they are a quick cooking protein and help with feeling full and satisfied so you can take on the rest of the day!



servings
3-4



preparation time
15 minutes



cooking time
10 minutes



total time
25 minutes



Ingredients

Salad

- 3 cups (750 mL) fusilli pasta, cooked
- 8 strips bacon, chopped
- 6 hard boiled eggs, chopped
- 1 head Iceberg or romaine lettuce, chopped
- 1½ cups (375 mL) tomatoes, diced
- ¼ red onion, finely diced
- ¼ cup (60 mL) green onion (green part), chopped

Dressing

- 1 cup (250 mL) plain Greek yogurt
- 1 (150g) Boursin cheese, herb and garlic
- 2 tsp (10 mL) white sugar
- Salt and black pepper to taste

Instructions

1. Boil pasta according to package instructions and set aside for later.
2. Heat a frying pan over medium heat and fry bacon until cooked through. Set aside for later.
3. To a bowl, add Greek yogurt, Boursin cheese, sugar and spices and mix to combine.
4. To assemble, add chopped lettuce, tomatoes, and onions for the base, and top with bacon and eggs.
5. When ready to serve, pour dressing and enjoy!



Sharon Swampy
 RD, CDE
 @indigenousnutritionist

Nutrients per serving (¼ salad)

Calories	515 kcal	Sodium	302 mg	Sugars	10 g
Fat	24 g	Carbohydrate	48 g	Protein	22 g
Saturated Fat	5 g	Fibre	10 g		

3 Sisters Salad

This salad is a delicious and nutritious, diabetes-friendly salad featuring the 3 sisters: corn, beans and squash. It is packed with protein and fibre and will keep you full and satisfied!



servings
4



preparation time
10 minutes



cooking time
25 minutes



total time
35 minutes



Ingredients

Salad

- 1 small butternut squash, diced (about 4 cups)
- 1 tbsp (15 mL) olive oil
- ½ tsp (2.5 mL) black pepper
- 8 large eggs
- 1 pint cherry tomatoes, halved
- ½ small red onion, sliced
- 1 can (540 mL) white kidney beans, no salt added
- 1 can (310 mL) corn, low or no sodium
- 1 container (142 g) mixed greens (about 5 cups)

Dressing

- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) honey
- 2 tbsp (30 mL) apple cider vinegar
- 3 tbsp (45 mL) olive oil
- ¼ tsp (1.25 mL) black pepper

Instructions

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper. Place the squash on the prepared baking sheet, drizzle the oil and black pepper and mix around to coat the squash. Bake in preheated oven for 20–25 minutes, flipping halfway through until the squash begins to brown. Remove from oven and allow to cool.
2. While the squash is baking, fill a medium sized pot with cold water and place the eggs in the pot, bring to boil over high heat. Once boiling, remove from the burner and cover the pot with a lid. Set a timer for 6 minutes. Drain the eggs and run under cold water for a few minutes, place in the fridge until ready to use.
3. Place the squash, cherry tomatoes, red onion, white kidney beans and corn in a large bowl. Pour the dressing overtop and mix. Distribute the greens onto four plates or large shallow bowls, divide the bean and vegetable mixture overtop. Peel the eggs, slice in half, top each plate with two eggs and enjoy!



Vanessa Daigle, RD

@van_nutritioniste
vdnutrition.com



Nutrients per serving (2 tostadas)

Calories	600 kcal	Sodium	390 mg	Sugars	6 g
Fat	35 g	Carbohydrate	52 g	Protein	23 g
Saturated Fat	6 g	Fibre	15 g		

Egg Tostadas

Mexican-inspired dishes have been all the rage lately, and I must confess that I have a very soft spot for those flavours! Tostadas are one of my favourites. Adding an egg is an absolute must—it pairs so well with all the flavours and textures. This nutritious recipe is perfect for a quick and easy meal.



servings
2



preparation time
10 minutes



cooking time
5 minutes



total time
15 minutes



Ingredients

Tostadas

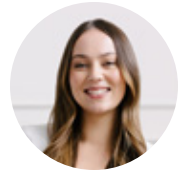
4 small corn tortillas
1 tbsp (15 mL) canola oil
4 eggs
1 avocado, mashed with a fork
1 cup (250 mL) kidney beans, rinsed and drained
Cilantro to taste

Salsa

1 large tomato, diced
1 clove garlic, minced
Juice of ½ a lime
2 tbsp (30 ml) cilantro, chopped
1 tbsp (15 mL) olive oil
1 jalapeno, chopped
Pinch of salt

Instructions

1. Preheat oven to 350°F (180°C) and get out a baking sheet. Brush the tortillas with oil on both sides and place onto the baking sheet. Once oven is hot, put into the oven for 3 minutes, flip and continue to cook for another 3–5 minutes until crispy.
2. In a small bowl, combine all of the salsa ingredients and mix, set aside.
3. In a large non-stick pan, heat oil over medium heat. Break the eggs in and cook for about 3–4 minutes until the white is set.
4. While the eggs are cooking, put the avocado on the cooked tortillas, add the beans, salsa and finish with the eggs on top and a sprinkle of cilantro.



Miranda Galati, RD

@real.life.nutritionist
reallifenutritionist.com



Nutrients per serving (2 egg bites)

Calories	160 kcal	Sodium	420 mg	Sugars	2 g
Fat	10 g	Carbohydrate	2 g	Protein	14 g
Saturated Fat	5 g	Fibre	0 g		

Jalapeño Cheddar Egg Bites

These cheddar jalapeño egg bites are the perfect protein-packed breakfast you can make ahead! Their smooth texture and spicy bite will keep you satisfied for hours, with nourishing ingredients that support your health, too.



servings
12



preparation time
10 minutes



cooking time
30 minutes



total time
40 minutes



Ingredients

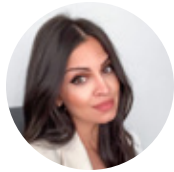
- 6 large eggs
- 1 cup (250 mL) 2% cottage cheese
- ¼ tsp (1.25 mL) salt
- ¼ tsp (1.25 mL) cayenne pepper
- Black pepper to taste
- ¼ cup (60 mL) sliced pickled jalapeños, cut in half
- ¾ cup (175 mL) shredded cheddar cheese

Storage Instructions

Allow egg bites to cool on a wire rack. Remove egg bites from muffin liners, and place them in a sealed food container in the fridge. Egg bites can be saved for up to four days in the refrigerator. Reheat in microwave for 30–45 seconds before eating.

Instructions

1. Fill a sheet pan with water and carefully place on the bottom rack of your oven. This will help add steam while cooking egg bites later. Preheat oven to 350°F (180°C).
2. Prepare a 12-cup muffin pan with paper or silicone muffin liners. Set aside.
3. In a blender or food processor, combine eggs, cottage cheese, and spices, and blend until smooth. This should take 10–15 seconds.
4. Pour egg mixture into prepared muffin pan, distributing equally.
5. Sprinkle each muffin cup with about 1 tbsp of cheese and 1–2 slices of pickled jalapeños. Add more cheese and/or jalapenos if desired.
6. Place the muffin pan into oven on middle rack. If baking tray with water is looking low, add more water.
7. Cook muffins for 25–30 minutes or until completely set and lightly golden around edges. Let cool for 10 minutes in pan before enjoying.



Devika Sharma, RD

@nutritionbydevika
onemorebite.ca



Nutrients per serving (½ recipe)

Calories	400 kcal	Sodium	1130 mg	Sugars	8 g
Fat	23 g	Carbohydrate	22 g	Protein	27 g
Saturated Fat	5 g	Fibre	6 g		

Tofu Egg Roll Bowl

Short on time and looking for a nutritious recipe? This egg roll bowl will not disappoint you! Packed with protein and flavour, this easy to make meal is perfect for lunch or dinner.



servings
2



preparation time
8 minutes



cooking time
15 minutes



total time
23 minutes



Ingredients

4 tsp (20 mL) sesame oil
4 eggs, whisked
8 oz extra firm tofu, dry, crumbled
2 cups (500 mL) cabbage, shredded
1 cup (250 mL) peas
2 cloves garlic, minced
2 tbsp (30 mL) soy sauce, low sodium
2 tbsp (30 mL) green onion chopped
2 tsp (10 mL) sriracha
2 tsp (10 mL) sesame seeds
Red chilli flakes and salt, to taste

Instructions

1. Heat 2 tsp sesame oil in a skillet over medium heat. Add egg and scramble until cooked, about 3 minutes, set aside.
2. Heat remaining oil, add tofu and cook for about 4–5 minutes until lightly browned.
3. Next add cabbage, peas, and garlic. Mix well, cover with a lid and cook for 5–7 minutes or until cabbage is tender.
4. Add cooked eggs, soy sauce, green onion, sriracha, mix well. Remove from heat and garnish with sesame seeds, chili flakes and salt if desired.
5. Remove from heat and garnish with sesame seeds and red chilli flakes.



Bhavin Mistry, RD
@breadbhavandbeyond



Nutrients per serving (1/8 quiche)

Calories	320 kcal	Sodium	390 mg	Sugars	2 g
Fat	21 g	Carbohydrate	20 g	Protein	13 g
Saturated Fat	8 g	Fibre	2 g		

Veggie Quiche

Enjoy this simple and cozy loaded veggie quiche for virtually any meal of the day! Packed with tons of nutritious vegetables mixed into an egg-baked pie, it will definitely please your tastebuds.



servings
4-6



preparation time
10 minutes



cooking time
40 minutes



total time
50 minutes



Ingredients

- 1 (9-inch) frozen deep dish pie crust
- 1 tomato
- 1 tbsp (15 mL) olive oil
- ¼ cup (60 mL) thinly sliced red onion
- 1½ cups (375 mL) broccoli florets, chopped
- 1 cup (250 mL) cremini mushrooms, sliced
- 2 cups (500 mL) packed baby spinach leaves
- 4 large eggs
- ⅓ cup (80 mL) milk
- ¼ tsp (1.25 mL) salt
- ¼ tsp (1.25 mL) black pepper
- ¼ tsp (1.25 mL) dried parsley
- 1 tsp (5 mL) garlic powder
- Cayenne pepper or chilli flakes (optional)
- 1 cup (250 mL) cheddar cheese, grated

Instructions

1. Preheat oven to 400°F (200°C). Thaw pie crust for 10 minutes. Lightly prick bottom and sides of the crust with a fork. Bake for 10 minutes in preheated oven, remove from oven and let cool for 10 minutes. Slice tomato thinly and set aside.
2. Reduce oven temperature to 375°F (190°C). Heat oil in a large skillet over medium-high heat. Add onion, broccoli, and mushrooms. Allow to cook, stirring frequently until the vegetables soften and most of the moisture from the mushrooms has evaporated (around 6 to 8 minutes). Add spinach, stir frequently until the spinach is wilted and the moisture in the pan has evaporated. Remove from the heat.
3. In a medium bowl, whisk eggs and milk with the spices. Mix in grated cheese and cooked vegetables.
4. Carefully pour the egg mixture evenly over the pie crust. Gently wiggle the filled crust to allow the contents to settle. Arrange the tomato slices on top.
5. Bake until set and egg mixture is cooked through, about 25–30 minutes. Cool slightly before slicing. Serve warm or at room temperature.



Becca Harris, RD
@thenutritionjunky
thenutritionjunky.com

Nutrients per serving (½ recipe)

Calories	250 kcal	Sodium	350 mg	Sugars	0 g
Fat	20 g	Carbohydrate	10 g	Protein	9 g
Saturated Fat	3 g	Fibre	3 g		

Baked Avocado Eggs

These baked avocado eggs make for a creamy and healthy breakfast dish. Double, triple or quadruple as needed.



servings
2



preparation time
5 minutes



cooking time
20 minutes



total time
25 minutes



Ingredients

1 large avocado

2 eggs

Salt, pepper and chili flakes to taste

Instructions

1. Preheat oven to 425°F (200°C) and line a small baking sheet with tinfoil or parchment paper, set aside.
2. Cut the avocado in half and remove the pit. Scoop out about 1 tbsp from each avocado half. It is best to scoop wide rather than deep, so that the egg cooks more evenly.
3. Cut a small part of the underside of each avocado half so that the halves stand up still while cooking.
4. Place avocado onto the baking sheet and crack one egg into each half.
5. Sprinkle with salt, pepper and chili flakes.
6. Bake for 18–22 minutes. Bake for 18 minutes for runny yolks and 20–22 minutes for more firm yolks.

Enjoy!

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