



# Recipes to Support Bone Health

In Partnership with Osteoporosis Canada



**OSTEOPOROSIS**

**N**utrition is a key component for strong and healthy bones. Calcium, vitamin D, protein, magnesium and vitamin K are important nutrients Osteoporosis Canada recommends you get daily for bone health.

It's important to consume a variety of foods with bone building nutrients as they help you in different ways including absorbing important nutrients and building and repairing body tissue, including bones.

Each nutrient plays an important role in bone health and in the prevention and management of osteoporosis.

Whenever possible, Osteoporosis Canada advises to try and get bone building nutrients through food sources.

Learn more about each nutrient for strong and healthy bones.



## Calcium

Bone is a living tissue, that is constantly renewing and repairing itself from everyday wear and tear. Calcium is essential to helping the remodeling process stay balanced. However, like many nutrients, calcium is absorbed less effectively as we age.

## Vitamin D

Vitamin D, the “sunshine vitamin,” is produced when the sun’s rays interact with our skin. It helps build stronger bones by increasing the absorption of calcium. It also improves the function of muscles, which can improve your balance and decrease the likelihood of falling and suffering a fracture.

## Protein

Diets that include recommended amounts of protein are associated with greater bone mass and fewer fractures when calcium intake is adequate. Adults with limited protein intake are at high risk for bone loss and fractures.

## Magnesium

More than half of the magnesium found in our body is in our bones and getting enough magnesium in our diet is important for supporting good bone health.

## Vitamin K

Vitamin K activates a protein that helps build bone and bind minerals, such as calcium, to the bone structure.

In the following pages you will find 9 recipes that were created in partnership with Professional Home Economist Emily Richards, Osteoporosis Canada and Get Cracking® with bone health, nutrition and taste in mind.



# Phyllo Egg Strudels

These delicious packages are wrapped in crisp phyllo and are filled with a creamy egg, vegetable and cheese filling. Phyllo Egg Strudels are perfect served with a salad for brunch, lunch or dinner. You can even pop them in the freezer to have on hand or pack them for meals on the go.

 **Prep Time**  
15 minutes

 **Cook Time**  
10 minutes

 **Serves**  
6

## Recipe Tip

Phyllo pastry size used should be about 12 x 16 inch (30 x 40 cm).

## Ingredients

12 sheets phyllo pastry, thawed

1/3 cup (75 mL) butter, melted

### Filling:

8 eggs

3 tbsp (45 mL) butter, divided

1/2 cup (125 mL) diced red bell pepper

1/2 cup (125 mL) shredded zucchini

3 tbsp (45 mL) all-purpose flour

1 tsp (5 mL) Italian seasoning or Herbs de Provence

1 cup (250 mL) milk

1/2 cup (125 mL) herbed cream cheese

1/2 cup (125 mL) shredded old cheddar cheese

2 tbsp (30 mL) chopped fresh parsley or chives

Pinch each salt and pepper

## Preparation

Line a baking sheet with parchment paper; set aside. Preheat oven to 400°F (200°C).

To prepare the filling, in a saucepan, melt 2 tbsp (30 mL) of the butter over medium heat. Cook pepper and zucchini for about 3 minutes or until softened. Stir in flour and Italian seasoning and cook for 1 minute. Gradually stir in milk and cook, whisking gently for about 5 minutes or until very thick. Remove from heat and stir in herbed cream cheese; set aside.

In a large nonstick skillet, melt remaining butter over medium heat. Add eggs and cook, stirring as mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook for about 4 minutes or until eggs are cooked through and no liquid remains. Stir in cheddar cheese, parsley, salt and pepper. Remove from heat and stir in milk mixture until well combined.

Place 1 sheet of phyllo on work surface and brush lightly with melted butter. Top with second phyllo sheet and brush lightly with butter. Spoon about 1/2 cup (125 mL) of the mixture in centre of short end of phyllo, about 2 inches (5 cm) from the edge. Fold up the sides and gently roll up and place seam side down on prepared baking sheet. Brush with butter and repeat with remaining filling and phyllo to make 6 strudels.

Bake for about 20 minutes or until golden brown.



### Nutritional Information

Per Serving (1/6 recipe or 1 strudel)

Calories .....450 kcal  
Fat.....31 g  
Saturated .....16 g  
Cholesterol..... 320 mg  
Sodium ..... 540 mg  
Fibre..... 3 g  
Potassium ..... 300 mg  
Carbohydrate.....28 g  
Sugars ..... 3 g

**Nutrition Tip:** Cheese and eggs are a perfect pairing, and cheese will add a source of calcium, an important nutrient for bone health, to your egg dish.

Iron..... 14% DV  
Vitamin A ..... 32% DV  
Vitamin C..... 21% DV  
Vitamin D.....≥1.5 µg  
Vitamin K..... 59 µg  
Calcium..... 125 mg  
Protein .....15 g  
Magnesium ..... 20 mg

**Make ahead:** Roll strudels and place on baking sheet; wrap well with plastic wrap and refrigerate for up to 8 hours. Remove plastic and bake as in recipe adding about 5 minutes longer.

**Freeze ahead:** Freeze before baking and then bake from frozen in 375°F (190°C) oven for about 35 minutes.

# Creamy Egg and Squash Risotto


This risotto recipe is a great one pot meal made with squash, kale, eggs and cheese. Adding a fried egg on top when serving is a simple way to add more protein to this delicious and creamy dish.

 **Prep Time**  
10 minutes

 **Cook Time**  
20 minutes

 **Serves**  
4

**Recipe Tip**  
To watch an Eggs 101 video on how to fry eggs, scan the QR code.



## Ingredients

- 6 cups (1.5 L) vegetable or chicken broth (approx)
- 2 tbsp (30 mL) canola oil
- 2 cups (500 mL) diced butternut squash
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tbsp (30 mL) chopped fresh parsley
- ½ tsp (2 mL) Italian herb seasoning
- 1 ½ cups (375 mL) arborio rice
- 2 cups (500 mL) chopped kale leaves
- 3 eggs
- 1 cup (250 mL) grated Parmesan cheese
- ¼ tsp (1 mL) salt
- 4 fried eggs (see tip)
- Freshly grated Parmesan cheese and balsamic glaze (optional)

## Preparation

In a saucepan, heat broth over medium heat and keep warm over low heat.

In a large saucepan, heat oil over medium heat. Cook squash, onion, garlic, parsley and seasoning, stirring often for about 5 minutes or until starting to brown. Stir in rice until well coated.

Add broth, ½ cup (125 mL) at a time, cooking and stirring until each addition is absorbed before adding the next, for about 16 minutes or until rice is tender and creamy. Stir in kale and cook, stirring for 2 minutes or until wilted, adding more broth if necessary.

Meanwhile, in a bowl, whisk eggs with Parmesan grated cheese and salt. Remove saucepan from heat and stir in egg mixture until creamy and cheese is melted.

Spoon into shallow bowls and top with fried egg and drizzle with balsamic glaze, if desired to serve.



### Nutritional Information

Per Serving (¼ recipe)

Calories .....	650 kcal	Fibre.....	5 g	Vitamin A.....	98% DV	Calcium.....	450 mg
Fat.....	24 g	Potassium.....	700 mg	Vitamin B12.....	0% DV	Protein .....	27 g
Saturated.....	8 g	Carbohydrate.....	79 g	Vitamin C.....	65% DV	Zinc .....	0% DV
Cholesterol.....	310 mg	Sugars .....	6 g	Vitamin D.....	≥0.8 µg	Magnesium .....	76 mg
Sodium .....	1730 mg	Iron.....	17% DV	Vitamin K.....	≥301 µg		

**Did you know?** Protein is an important nutrient for stronger muscles. Stronger muscles help us to maintain balance and avoid falls.



### Recipe Tip

To watch an Eggs 101 video on how to boil eggs, scan the QR code.

# Niçoise Tuna Pita

Enjoy a new take on a classic with Niçoise Tuna Pita. Filled with eggs, tuna, green beans, potatoes and a bright vinaigrette — you can enjoy as a salad or tucked into a pita for a meal at home or on the go.



**Prep Time**  
15 minutes



**Cook Time**  
0 minutes



**Serves**  
2-3

## Ingredients

- 2 red potatoes (about 8 oz/227 g), cooked and cubed
- 1 cup (250 mL) chopped cooked green beans
- 1 can (120 g) chunk light tuna, drained
- 3 tbsp (45 mL) diced red onion or shallot
- 1 tbsp (15 mL) chopped fresh parsley (optional)
- 4 hard boiled eggs (see recipe tip)
- 2 pita breads or naan, halved
- Lettuce, chopped tomato, olives (optional)

## Creamy Mustard Lemon Vinaigrette:

- 1/3 cup (75 mL) plain Greek yogurt
- 2 tbsp (30 mL) mayonnaise
- 2 tsp (10 mL) Dijon or grainy mustard
- 1/4 tsp (1 mL) lemon zest
- 1 tbsp (15 mL) fresh lemon juice
- 1/4 tsp salt
- Pinch pepper

## Preparation

In a small bowl, whisk together Greek yogurt, mayonnaise, mustard, lemon zest and juice. Season with salt and pepper.

In a bowl, combine potatoes, green beans, tuna, onion and parsley. Pour half of the Creamy Mustard Lemon vinaigrette over mixture and toss to coat well.

Slice eggs into wedges and season with salt and pepper to taste.

Place pita onto dinner plates and top with lettuce. Spoon salad mixture over lettuce and top with eggs. Garnish with tomatoes and olives, if desired and drizzle with remaining vinaigrette.

**Pita Wrap:** Steam or warm pitas slightly and open pocket slightly. Tuck in some lettuce and add salad mixture. Top with sliced eggs, tomato and olives, if using. Wrap gently and enjoy. Spoon into shallow bowls and top with fried egg and drizzle with balsamic glaze, if desired to serve.

**Nutrition Tip:** Adding eggs on top of a variety of dishes is a great way to add more protein to a meal.

### Nutritional Information

Per Serving (1/2 recipe)					
Calories .....	640 kcal	Carbohydrate .....	69 g	Calcium .....	250 mg
Fat .....	23 g	Sugars .....	6 g	Protein .....	41 g
Saturated .....	5 g	Iron .....	30% DV	Magnesium .....	90 mg
Cholesterol .....	390 mg	Vitamin A .....	29% DV		
Sodium .....	1180 mg	Vitamin C .....	31% DV		
Fibre .....	6 g	Vitamin D .....	2.5 µg		
Potassium .....	1200 mg	Vitamin K .....	50 µg		

# Green Bean Carbonara

A perfect quick dinner for one or two any night of the week. This classic dish gets a makeover with the addition of green beans and poached eggs. It will quickly become a recipe staple everyone will love!



**Prep Time**

5 minutes



**Cook Time**

15 minutes



**Serves**

2

## Ingredients

- 2 eggs
- ½ cup (125 mL) freshly grated Parmesan cheese
- 2 tbsp (30 mL) chopped fresh parsley, divided
- ¼ tsp (1 mL) salt, divided
- Pinch pepper
- 1 tbsp (15 mL) canola oil
- 1 ½ cups (375 mL) frozen green beans
- 6 oz (175 g) spaghetti with added fibre
- 2 poached eggs (see recipe tip)
- Freshly grated Parmesan cheese and fresh ground pepper

## Preparation

In a bowl, whisk together eggs, parmesan cheese, 1 tbsp (15 mL) of parsley, half of the salt and pepper; set aside.

In a non-stick skillet, heat oil over medium-high heat and cook green beans, remaining parsley and salt for about 3 minutes or until beans are tender and slightly blistered; set aside.

Meanwhile, in a pot of boiling salted water, cook pasta for about 8 minutes or until al dente. Drain pasta and return to pot. Stir in egg mixture and toss until pasta is coated and creamy. Stir in green beans until well combined.

Divide pasta into warm shallow bowls and top each with a poached egg.

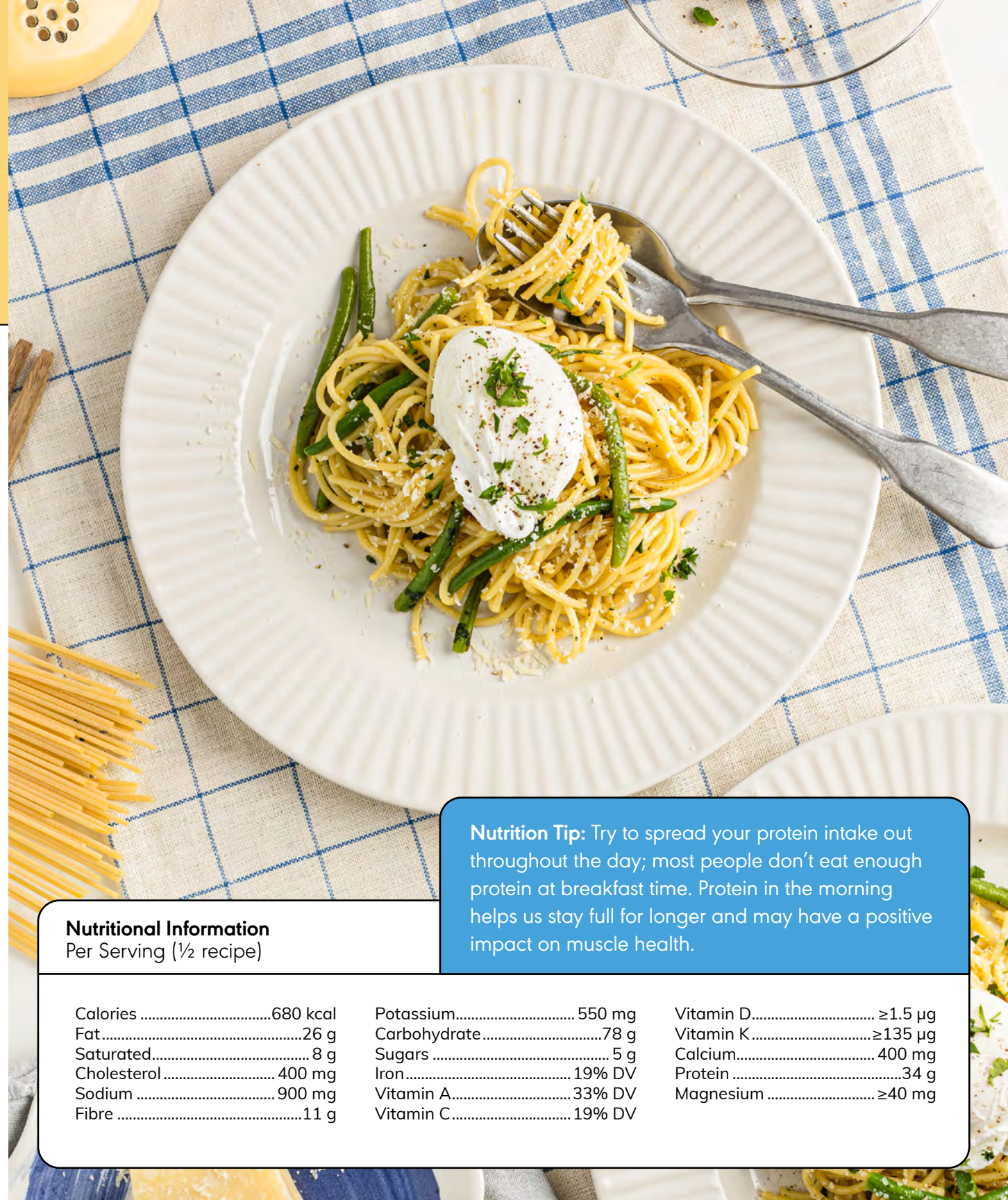
Sprinkle with additional Parmesan cheese and pepper, if desired.



**Recipe Tip:** To watch an Eggs 101 video on how to poach eggs, scan the QR code.

Feel free to substitute other hard cheeses like Romano or Grana Padano for the Parmesan cheese in the recipe.

If using fresh green beans, blanch them first before using. In a saucepan of boiling water, cook beans for about 4 minutes or until tender-crisp. Drain and rinse with cold water. Refrigerate until ready to use.



**Nutrition Tip:** Try to spread your protein intake out throughout the day; most people don't eat enough protein at breakfast time. Protein in the morning helps us stay full for longer and may have a positive impact on muscle health.

### Nutritional Information

Per Serving (½ recipe)

Calories .....	680 kcal	Potassium.....	550 mg	Vitamin D.....	≥1.5 µg
Fat.....	26 g	Carbohydrate.....	78 g	Vitamin K.....	≥135 µg
Saturated.....	8 g	Sugars .....	5 g	Calcium.....	400 mg
Cholesterol.....	400 mg	Iron.....	19% DV	Protein .....	34 g
Sodium .....	900 mg	Vitamin A.....	33% DV	Magnesium .....	≥40 mg
Fibre .....	11 g	Vitamin C.....	19% DV		

# Egg Tartines

Tartines are open faced sandwiches and made with different types of ingredients to be enjoyed for breakfast, brunch, lunch or dinner! When cooking for one or two these are perfect and filling for a satisfying meal that you can put together in a matter of minutes. We are sharing simple to make recipes for different types of tartines topped with eggs prepared three different ways. **Try all three tartines!**

**Prep and cook time and serving amounts are for all three Tartine recipes.**



**Prep Time**  
10 minutes



**Cook Time**  
4 minutes



**Serves**  
2

# Egg Tartine with Spinach Artichoke Spread

## Ingredients

- 3 eggs
- 3 tbsp (45 mL) milk
- 1 tbsp (15 mL) chopped fresh herbs (such as parsley, chives or basil)
- ¼ tsp (1 mL) each salt and pepper
- 1 tbsp (15 mL) canola oil
- 2 to 3 slices sourdough bread, toasted

## Spinach Artichoke Spread:

- ¼ cup (60 mL) plain 2% Greek yogurt, softened cream cheese or sour cream
- ½ cup (125 mL) frozen chopped spinach, defrosted and squeezed dry
- ½ cup (125 mL) chopped drained canned artichoke hearts
- ⅓ cup (75 mL) shredded mozzarella cheese
- 2 tbsp (30 mL) mayonnaise
- 3 tbsp (45 mL) fresh grated parmesan cheese
- 1 small clove garlic, finely grated (optional)

## Preparation

**Spinach Artichoke Spread:** In a bowl, stir together yogurt and mayonnaise until smooth. Stir in chopped spinach, artichokes, mozzarella, parmesan and garlic, if using. Set aside.

In a bowl, whisk together eggs, milk, herbs, salt and pepper. In a non-stick skillet, heat oil over medium heat. Pour in egg mixture and reduce heat to medium low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.

Spread Spinach Artichoke Spread over toasted bread and spoon scrambled eggs over top. Sprinkle with more herbs, if desired.

**Recipe Tip:** Substitute prepared Spinach or Artichoke Dip for the Spinach Artichoke Spread.

## Nutritional Information

Per Serving (⅓ recipe or 1 tartine)

Calories .....	490 kcal	Protein .....	24 g
Fat .....	24 g	Vitamin A.....	31% DV
Saturated.....	7 g	Vitamin C.....	6% DV
Cholesterol.....	220 mg	Vitamin K.....	156 µg
Sodium .....	1040 mg	Vitamin D.....	1 µg
Potassium .....	400 mg	Calcium .....	300 mg
Carbohydrate.....	47 g	Iron.....	22% DV
Fibre.....	5 g	Magnesium .....	70 mg
Sugars .....	4 g		

# Egg Tartine with White Bean Hummus

## Ingredients

2 eggs  
 1 tbsp (15 mL) canola oil  
 3 tbsp (45 mL) diced roasted red peppers  
 Pinch each salt and pepper  
 2 slices marble rye or pumpernickel bread, toasted

## White Bean Hummus:

1 cup (250 mL) canned white beans (such as cannellini, kidney or navy beans)  
 2 tbsp (30 mL) canola oil  
 1 tbsp (15 mL) lemon juice  
 2 tbsp (30 mL) chopped fresh herbs (such as parsley, dill, basil or cilantro)  
 1 small clove garlic, finely grated  
 ¼ tsp (1 mL) salt  
 ¼ tsp (1 mL) pepper

## Preparation

**White Bean Hummus:** In a food processor or food chopper pulse together beans, oil and lemon juice until smooth. Stir in herbs, garlic, salt and pepper. Set aside.

In a non-stick skillet, heat oil over medium heat. Crack eggs into skillet and fry until whites are set. Sprinkle with salt and pepper. Flip eggs and cook until yolks are still slightly runny or until desired doneness.

Spread White Bean Hummus over toasted bread and sprinkle with diced roasted red peppers. Top each piece of toast with a fried egg and garnish as desired.

**Recipe Tip:** Substitute prepared hummus for the White Bean Hummus.

## Nutritional Information

Per Serving (½ recipe or 1 tartine)

Calories .....	460 kcal	Carbohydrate .....	36 g	Vitamin K .....	72 µg
Fat .....	28 g	Fibre .....	7 g	Vitamin D .....	0.8 µg
Saturated .....	3.5 g	Sugars .....	4 g	Calcium .....	100 mg
Cholesterol .....	195 mg	Protein .....	16 g	Iron .....	18% DV
Sodium .....	740 mg	Vitamin A .....	11% DV	Magnesium .....	60 mg
Potassium .....	400 mg	Vitamin C .....	25% DV		

# Egg Tartine with Spinach Ricotta Spread

## Ingredients

2 eggs, hard boiled and peeled or poached  
 Pinch salt and pepper  
 2 tsp (10 mL) balsamic glaze or ½ tsp (2 mL) lemon zest  
 2 slices multigrain bread, toasted

## Spinach Artichoke Spread:

½ cup (125 mL) ricotta cheese  
 ½ cup (125 mL) frozen chopped spinach, defrosted and squeezed dry  
 2 tbsp (30 mL) grated Parmesan cheese  
 1 small clove garlic, finely grated  
 Pinch salt and pepper

## Preparation

**Spinach Ricotta Spread:** In a bowl, stir together ricotta, spinach, Parmesan, garlic, salt and pepper.

If using hard boiled eggs, slice and sprinkle with salt and pepper.

Spread Spinach Ricotta mixture over bread and top with eggs. Drizzle with balsamic glaze to serve.

**Did you know?** The nutrition in eggs is the same in brown eggs and white eggs. The colour of the yolk does not affect the nutritional value of the egg either.

## Nutritional Information

Per Serving (½ recipe or 1 tartine)

Calories .....	320 kcal	Protein .....	21 g
Fat .....	16 g	Vitamin A .....	46% DV
Saturated .....	8 g	Vitamin C .....	3% DV
Cholesterol .....	220 mg	Vitamin K .....	146 µg
Sodium .....	680 mg	Vitamin D .....	0.8 µg
Potassium .....	350 mg	Calcium .....	350 mg
Carbohydrate .....	22 g	Iron .....	18% DV
Fibre .....	4 g	Magnesium .....	70 mg
Sugars .....	5 g		

## Recipe Tip



To watch an Eggs 101 video on how to boil eggs, scan the QR code.



To watch an Eggs 101 video on how to poach eggs, scan the QR code.

**3-minute egg,** the whites will be softly set and the yolk will be very runny, throughout.

**4-minute egg,** the yolk will be softly set around the edge and thickened to a gel in the centre.

**5-minute egg,** the yolk will be firm, throughout.

# Portuguese Inspired Egg Sandwich

Sandwiches are the perfect way to serve up a satisfying meal especially when you are cooking for just one or two. This hearty Portuguese inspired dish which is made in under 20 minutes is topped with an egg for added protein. Serve with a side of peas and piri piri sauce.



**Prep Time**  
10 minutes



**Cook Time**  
7 minutes



**Serves**  
2

## Ingredients

- 6 oz (180 g) extra-lean ground beef
- 1 tbsp (15 mL) chopped fresh parsley or cilantro
- 2 tsp (10 mL) smoked paprika
- ¼ tsp (1 mL) each salt and pepper
- 2 slices cheddar cheese
- 4 slices bread
- 2 tbsp (30 mL) butter, softened, divided
- 2 eggs
- 2 slices mozzarella cheese, cut into strips
- Chopped fresh parsley and piri piri sauce, optional
- 1 ½ cups (375 mL) hot cooked peas

## Preparation

In a bowl, mix ground beef, smoked paprika, parsley, salt and pepper until combined well. Divide mixture in half and make two thin patties.

Heat large non-stick skillet over medium-high heat and add patties. Cook, turning often for about 4 minutes or until golden brown on both sides and no longer pink inside. Top each with a slice of cheddar cheese and remove to a plate. Wipe out skillet.

Spread half of the butter onto 1 side of each slice of bread. Place 2 slices in the same skillet. Add patties to bread and top with remaining bread slices, butter side up. Cook over medium heat, turning once until bread is golden and crisp. Remove to a small baking sheet.

Return skillet to medium heat and add remaining butter. Crack eggs into skillet and cook to desired doneness but sunny side up. Place eggs on top of sandwiches and place cheese strips on top but have the yolk peeking out. Place under the broiler for 30 seconds to melt cheese slightly. Sprinkle with parsley and serve with peas and piri piri sauce, if desired.



**Did you know?** Eggs are a complete protein source. This means that they contain all 9 essential amino acids that we need in our diets because our bodies cannot produce them.

### Nutritional Information

Per Serving (½ recipe)

Calories .....	710 kcal	Potassium .....	600 mg	Vitamin D.....	0.2 µg
Fat.....	38 g	Carbohydrate.....	45 g	Vitamin K.....	91 µg
Saturated.....	20 g	Sugars .....	9 g	Calcium .....	400 mg
Cholesterol .....	325 mg	Iron.....	39% DV	Protein .....	48 g
Sodium .....	1130 mg	Vitamin A.....	51% DV	Magnesium .....	80 mg
Fibre .....	7 g	Vitamin C.....	18% DV		

## Recipe Tip

To find short grain rice, look for arborio, Calrose or sushi rice where other rice is sold.

# Egg and Chicken Rice Bowl



**Prep Time**  
15 minutes



**Cook Time**  
20 minutes



**Serves**  
3-4

This flavourful bowl serves up a satisfying meal with soft scrambled eggs, chicken, vegetables and rice. The unique method of cooking the eggs in the broth helps to create a light fluffy texture that is a perfect match to the tender and flavourful chicken. This will quickly become a new weeknight favourite.

## Ingredients

- 1 cup (250 mL) short grain rice
- 1 cup (250 mL) water
- 2 cups (500 mL) chopped bok choy
- 1 small sweet red pepper, diced
- 12 oz (375 g) boneless, skinless chicken (thighs or breast), chopped (about 4)
- 2 tbsp (30 mL) rice vinegar
- 2 tbsp (30 mL) soy sauce
- 2 tsp (10 mL) granulated sugar
- 1 cup (250 mL) chicken or vegetable broth
- 1 shallot, thinly sliced
- 2 green onions, chopped
- 4 eggs
- Sesame seeds or togarashi (optional)

## Preparation

In a saucepan, stir together rice and water. Bring to a boil; stir rice well, cover and reduce heat to medium-low. Simmer gently for about 20 minutes or until rice is tender. Stir in bok choy and red pepper; cover and set aside to keep warm.

Meanwhile, in a bowl stir together chicken with rice vinegar, soy sauce and sugar to coat well; set aside.

In a large skillet, bring broth and shallot to a gentle simmer. Cook onion for about 2 minutes to soften. Stir in chicken mixture and cook, stirring often for about 7 minutes or until no longer pink inside.

In a bowl, whisk eggs and green onions together. Slowly pour egg mixture into skillet with chicken and swirl the pan or use a spatula to make sure eggs are throughout. Stir gently and cook for about 2 minutes or until eggs form large curds, are set and fluffy.

Divide rice mixture among bowls and divide egg mixture over top. Sprinkle with sesame seeds, if desired to serve.

**Nutrition Tip:** Adding eggs can help to boost the nutritional value of a veggie dish; eggs contain healthy natural fats that help our bodies to absorb some of the nutrients in vegetables.

## Nutritional Information

Per Serving (1/4 recipe)

Calories .....	410 kcal	Potassium .....	550 mg	Vitamin D.....	0.2 µg
Fat.....	10 g	Carbohydrate.....	49 g	Vitamin K.....	61 µg
Saturated.....	2.5 g	Sugars .....	5 g	Calcium.....	100 mg
Cholesterol.....	260 mg	Iron.....	16% DV	Protein .....	28 g
Sodium .....	770 mg	Vitamin A.....	23% DV	Magnesium .....	50 mg
Fibre .....	3 g	Vitamin C.....	47% DV		

# Smoky Lemon, Egg & Quinoa Soup

Soups are comforting and when made with the addition of ingredients like eggs and quinoa — are a filling meal. This delicious soup is made with eggs for added protein and is full of flavour with a zesty zip of lemon and a hint of smoked paprika for a refreshingly bright soup.



**Prep Time**  
5 minutes



**Cook Time**  
12 minutes



**Serves**  
4-6

## Ingredients

- 6 cups (1.5 L) vegetable broth
- 2 tsp (10 mL) smoked paprika
- 1/3 cup (75 mL) quinoa
- 2 cups (500 mL) chopped kale (fresh or frozen)
- 1/2 cup (125 mL) diced red bell pepper
- 4 eggs
- 1/2 tsp (2 mL) lemon zest
- 3 tbsp (45 mL) fresh lemon juice
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper

## Preparation

In a soup pot bring vegetable broth and smoked paprika to a gentle simmer. Stir in quinoa and simmer for 10 minutes.

Stir in kale and red pepper; simmer for 2 minutes.

Meanwhile, in a bowl whisk together eggs, lemon zest and juice, salt and pepper. Slowly ladle about 1 cup (250 mL) of the broth into the egg mixture while whisking to temper the eggs.

Remove soup from heat and slowly drizzle egg mixture into soup pot while stirring. Serve immediately.

**Note: This recipe is gluten-free**



**Did you know?** Protein forms a structure in our bones that holds calcium. Meeting protein requirements along with adequate calcium intake while reducing other associated risks for the disease may mean higher bone mass and fewer fractures.

### Nutritional Information

Per Serving (1/4 recipe)

Calories ..... 180 kcal	Fibre ..... 3 g	Vitamin A..... 46% DV	Protein ..... 11 g
Fat..... 7 g	Potassium ..... 450 mg	Vitamin C..... 79% DV	Magnesium ..... 50 mg
Saturated..... 2 g	Carbohydrate..... 19 g	Vitamin D..... 0.8 µg	
Cholesterol ..... 195 mg	Sugars ..... 3 g	Vitamin K..... 302 µg	
Sodium ..... 1230 mg	Iron ..... 13% DV	Calcium ..... 100 mg	



# Green Eggs and Ham Bagels

This all-in-one meal is perfect for breakfast, lunch or dinner whether you are on the go or packing up for a picnic or gathering with friends! This egg and ham dish uses spinach and fresh herbs to bump up the fresh flavour of this quick to make easy dish. Wrap these up and tuck them in the fridge to enjoy anytime.

 **Prep Time**  
10 minutes

 **Cook Time**  
20 minutes

 **Serves**  
4

## Ingredients

- 6 eggs
- 1/3 cup (75 mL) 2% milk
- 1/2 tsp (2 mL) each garlic powder and pepper
- 1/4 tsp (1 mL) salt
- 3 cups (750 mL) chopped baby spinach, lightly packed
- 3/4 cup (175 mL) shredded gouda or mozzarella cheese
- 3 tbsp (30 mL) chopped fresh basil, dill or parsley
- 4 thin slices Black Forest ham
- 4 bagels, toasted if desired (your favourite variety such as whole grain or white)
- 1/4 cup (60 mL) herb cream cheese

## Preparation

Preheat oven to 375°F (190°C). Lightly spray an 8-inch (20 cm) baking dish with cooking spray; set aside.

In a bowl, whisk together eggs, milk, garlic powder, pepper and salt until combined. Stir in spinach, cheese and basil. Pour into prepared pan and bake for about 20 minutes or until eggs are set, edges are golden and knife comes out clean when inserted in centre. Remove from oven and let stand for 3 minutes before cutting into 4.

Open bagels and spread cut sides with cream cheese. Place 1 piece of green eggs on bottom bagel and top with ham. Close up bagel and enjoy!

**Nutrition Tip:** Substitute English muffins or hamburger buns for the bagels.

### Nutritional Information

Per Serving (1/4 recipe or 1 bagel sandwich)

Calories .....	550 kcal	Iron .....	48% DV
Fat .....	20 g	Vitamin A .....	33% DV
Saturated .....	10 g	Vitamin C .....	9% DV
Cholesterol .....	340 mg	Vitamin D .....	≥1.5 µg
Sodium .....	1140 mg	Vitamin K .....	≥159 µg
Fibre .....	3 g	Calcium .....	350 mg
Potassium .....	400 mg	Protein .....	31 g
Carbohydrate .....	62 g	Magnesium .....	61 mg
Sugars .....	9 g		



Visit [osteoporosis.ca](http://osteoporosis.ca) to learn more about bone health  
and head to [eggs.ca](http://eggs.ca) for loads of delicious recipes!



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