

Recipes for you – Eggs are Excellent

✖ Contributed by Stephanie Scott ANutr – Food and Health Development Worker

The term ‘superfood’ has been consistently mentioned in the media over the past year and as we have talked about in previous articles, expensive and popular foods such as goji berries, chia seeds and wheatgrass are really unnecessary to get the nutrients you need in your diet. There are much cheaper whole food alternatives which are just as nutritious such as sardines, oats, pulses and eggs. Eggs are often overlooked or forgotten about but are one of the best sources of protein (fitness fans take note!) and are perfect for quick meals which are both tasty and healthy.

So what makes eggs so fantastic?

Eggs are a nutrient dense food that contains a rich source of high quality protein. High protein foods contribute to satiety and this is why eggs make a perfect breakfast – they will help to keep you fuller for longer and reduce the need to reach for a mid-morning snack. Both the yolk and the white of an egg contains many nutrients so make sure you are eating whole eggs rather than just egg whites to ensure you are getting the full range of protein, vitamins and minerals. Eggs are high in selenium – a mineral which helps to prevent the body from oxidative damage. Eggs are also a particularly good source of fat soluble vitamins A, D, E and K as well as being a good source of vitamins B2, B6 and B12.

Eggs are not only great for breakfasts – their versatility makes them a quick, cheap and healthy food for any meal. Boiled, poached or scrambled eggs with wholemeal toast, grilled tomatoes, spinach and avocado are tasty and filling breakfast options while vegetable omelettes or egg muffins

served with salad make a healthy, satisfying lunch. Our vegetarian frittata recipe (see below) makes a quick and nutritious dinner served with some green vegetables and can be eaten hot or cold, making it a perfect leftover lunch to take to work the next day. Hard boiled eggs also make a great snack option.

Eggs are also cheap to buy and when stored correctly have a relatively long shelf life. As a high risk, protein food similar to meat products it's important to practice good hygiene when handling and storing eggs. Care should be taken when dealing with raw eggs: make sure to always wash your hands after handling them. It's important that eggs are stored appropriately to minimise the risk of food poisoning. While eggs in supermarkets are stored at room temperature this is a controlled environment i.e. it's cool and dry. At home you should store eggs in the fridge as the temperature and moisture levels in a kitchen fluctuate greatly when cooking.

Is there a limit on the number of eggs you should eat each day?

In the UK, there is no limit on the number of eggs people can consume each week – they are a great, affordable food that are high in nutrients and are perfect for the whole family. In the past, many viewed eggs as a villain, limiting their egg intake or eating only egg whites as they believed eggs raised their cholesterol. This myth has been debunked by many studies which have looked at egg consumption. While it is true that eggs contain dietary cholesterol, this cholesterol has only a very small, insignificant impact on blood cholesterol. To reduce cholesterol levels it is recommended that intakes of processed foods such as pies, sausages and baked products – which all contain high saturated fat levels – are reduced, rather than eggs.

At Edinburgh Community Food we sell Forth Eggs from Kirknewton. These free range eggs cost just £1.20 for half a dozen or £2.40 for a dozen. To order from Edinburgh Community

Food please contact us on 0131 467 7326.

BOILED EGGS

Boiled eggs are great served soft with wholemeal toast in the morning for breakfast while hard boiled eggs make a perfect snack. Here is our guide on how to boil a perfect egg.

Soft boiled eggs:

1. Lower the egg into a pan of gently boiling water using a slotted spoon.
2. For a medium egg allow 3 minutes or for a large egg allow 4 minutes.
3. Take the eggs off the heat and place in egg cup.
4. Remove top of egg with a knife and serve with wholemeal toast.

Hard boiled eggs:

1. Lower the egg into a pan of cold water using a slotted spoon and bring to the boil.
2. Once the water is boiling gently, set a timer for 10 minutes.
3. Once cooked, plunge the egg into cold water for a minute. This will prevent the egg from over cooking.

SCRAMBLED EGGS (serves 1)

Scrambled eggs make a perfect breakfast. Serve with grilled tomatoes and avocado for a quick and nutrient packed breakfast that will keep you going until lunchtime!

1. Crack two eggs into a jug and add a splash of milk.
2. Lightly whisk until the ingredients are combined.
3. Heat a small non-stick pan, add the egg mixture and stir gently with a wooden spoon every minute or so until the eggs start to softly set.
4. Remove from the heat and leave for a minute as the eggs will continue to cook.
5. Serve.

Submitted by [Stephanie Scott ANutr](#)

