

NEWSLETTER

Changing your lifestyle one bite at a time

NOVEMBER 2023
INFO BITE



The egg shortage in the country cast the spotlight on the nutritional benefits of eggs. This month we even added a fabulous recipe – credit www.sapoultry.co.za

WHAT ARE THE NUTRITIONAL BENEFITS OF EGGS?



HEART HEALTH

Contrary to past concerns about dietary cholesterol, research now suggests that eggs can be part of a heart-healthy diet. Eggs have been found to increase levels of HDL (good) cholesterol and provide vital nutrients that beneficially support many cardiovascular risk biomarkers.

EYE HEALTH

Eggs are a source of lutein and zeaxanthin, antioxidants that support eye health. These compounds help reduce the risk of age-related macular degeneration, a common cause of vision impairment and blindness in older adults.

LOW ENVIRONMENTAL IMPACT:

Beyond their nutritional value, eggs have a low environmental footprint compared to other protein sources.

Take a look at the fantastic recipe for a Mushroom Medley Traybake with Eggs on the following page.

FUN FACT

The eggshell color is determined by the breed of the chicken. Chickens with white feathers and earlobes lay white eggs, while those with red feathers and earlobes lay brown eggs.

EGG BAKED MUSHROOM MEDLEY TRAYBAKE

A traybake is the ultimate one pan dish; we love the meatiness of mushrooms paired with wholesome eggs for a delicious brunch or supper dish.

Serves 4

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients:

- 650g mixed mushrooms
- 30ml (2 tbsp) olive oil
- 2 cloves garlic, grated
- 6-8 sage leaves
- 1 tsp (5ml) mixed dried herbs
- 4 large Portobello mushrooms
- 4 large eggs
- 150ml cream
- Seasoning, to taste
- French bread, to serve

Method:

1. Preheat oven to 200°C.
2. Use a large baking tray. Place mixed mushrooms, olive oil, garlic, a few sage leaves and dried herbs into the baking tray. Place the Portobello mushrooms stalk side up on top, season with salt and black pepper. Bake until mushrooms are tender, about 10 minutes. Remove from oven and gently twist the stalk out of the Portobello mushrooms, return stalks to the pan.
3. Gently crack an egg into each Portobello mushroom, pour over the cream. Return baking tray to oven and cook until the egg white is no longer clear, and yolk is cooked to your liking, about 3- 5 minutes. Garnish with torn sage leaves.
4. Serve immediately with toasted French bread to soak up all the juices.

