

EGGS

Eggs are an excellent and affordable source of high quality protein with all nine essential amino acids. No wonder Manitobans eat about 70 million dozen eggs a year!

WHAT CAME FIRST... THE CHICKEN OR THE EGG?

While we may not be exploring this question, our researchers are studying the chicken, the egg and egg production to discover how we can continually improve egg production in Manitoba and across Canada.

Ongoing research at the University of Manitoba is looking for ways to improve the health and welfare of hens, reduce the environmental footprint of egg production and produce eggs with enhanced nutrition for all of us.

HAVE A LOOK...

Did you know that just like humans, hens need Omega-3 fatty acids? If you're wondering how much they need and how they get it, you're thinking like a researcher!

Research by Dr. James House, Professor in the UM Department of Food and Human Nutritional Sciences focuses on how to optimize a hen's health through her feed and housing conditions so she can produce high quality eggs with a low environmental impact.

Learn more about this and other UM research shaping sustainable agriculture and food production locally and around the world at [MAKEmanitoba.ca](https://www.makemanitoba.ca).

WHAT DOES THIS MEAN...

- **Improved hen health.** UM research can lead to recommendations for how much and how to include Omega-3 in hen feed to help keep hens healthy.
- **Improved human nutrition.** When a hen's diet is rich in Omega-3, her eggs are also high in Omega-3. Eating Omega-3 eggs is an easy, affordable way for us to get this essential nutrient.
- **Improved sustainability.** Finding the best ways to feed, house and keep hens healthy and productive helps reduce the environmental footprint of egg production.

DID YOU KNOW...

There are 170 registered egg layer farms in Manitoba. These farmers must meet strict standards in food safety, animal care and sustainability. For details see [MAKEmanitoba.ca](https://www.makemanitoba.ca).

MINI FRITTATAS

Enjoy the high quality protein of eggs with these tasty grab-and-go mini frittatas. You'll love the endless variety and freeze-ahead convenience.



Freezer Friendly



Under 30 mins.



Vegetarian



Manitoba grown



Reduce waste

Enjoy hot or cold, on their own, tucked in a pita, rolled in a tortilla or served with potatoes, salad or toast.

Prep Time: 10 min Cook Time: 20 min Yield: 12 pieces

INGREDIENTS

1 Tbsp canola oil	1 cup grated cheese (feta, cheddar, Parmesan, etc.)
8 eggs	1 1/2 cups chopped or grated vegetables (see tips)
1/2 tsp salt	1/4 cup fresh herbs (2 tsp dry)(parsley, chives, dill, etc.)
1/2 tsp garlic powder	
1/4 tsp hot pepper flakes	

INSTRUCTIONS

- Preheat oven to 175°C (350°F) and grease large, silicone or non-stick muffin pan.
- In large bowl, whip eggs. Mix in salt, garlic powder, hot pepper flakes and half of cheese.
- Stir in vegetables and herbs.
- Distribute evenly into 12 muffin cups, each about 3/4 full.
- Top with remainder of cheese.
- Bake for 18 to 20 minutes until tops begin to brown and centers are set and not jiggly.
- Take out of oven and let rest for 2-3 minutes. Run knife around edges and remove from pan.
- Enjoy right away. Store in fridge for 4 days or freeze.

Nutrients per piece (67g): Calories: 100kcal | Carbohydrate: 4g
Protein: 7g | Fat: 7g | Sodium: 310mg Fibre: 1g

Nutrition information provided by Denise Aminot-Gilchrist, UM
Recipe developed by Professional Home Economist, Getty Stewart

TIPS:

- Use any fresh or leftover cooked vegetables you have on hand. Try zucchini, broccoli, peppers, mushrooms, spinach, onions, asparagus, peas, etc.
- Freeze ahead for convenience. Let cool completely, wrap tightly and keep in airtight container up to 3 months.
- Reheat quickly. Cover with a damp paper towel and microwave at 20-second intervals until heated through.
- Feed a crowd. Bake in a casserole dish instead of a muffin tin for 25-30 minutes.

DID YOU KNOW...

Research at the University of Manitoba is shaping sustainable agriculture and food production locally and around the world. To learn more, flip the page!