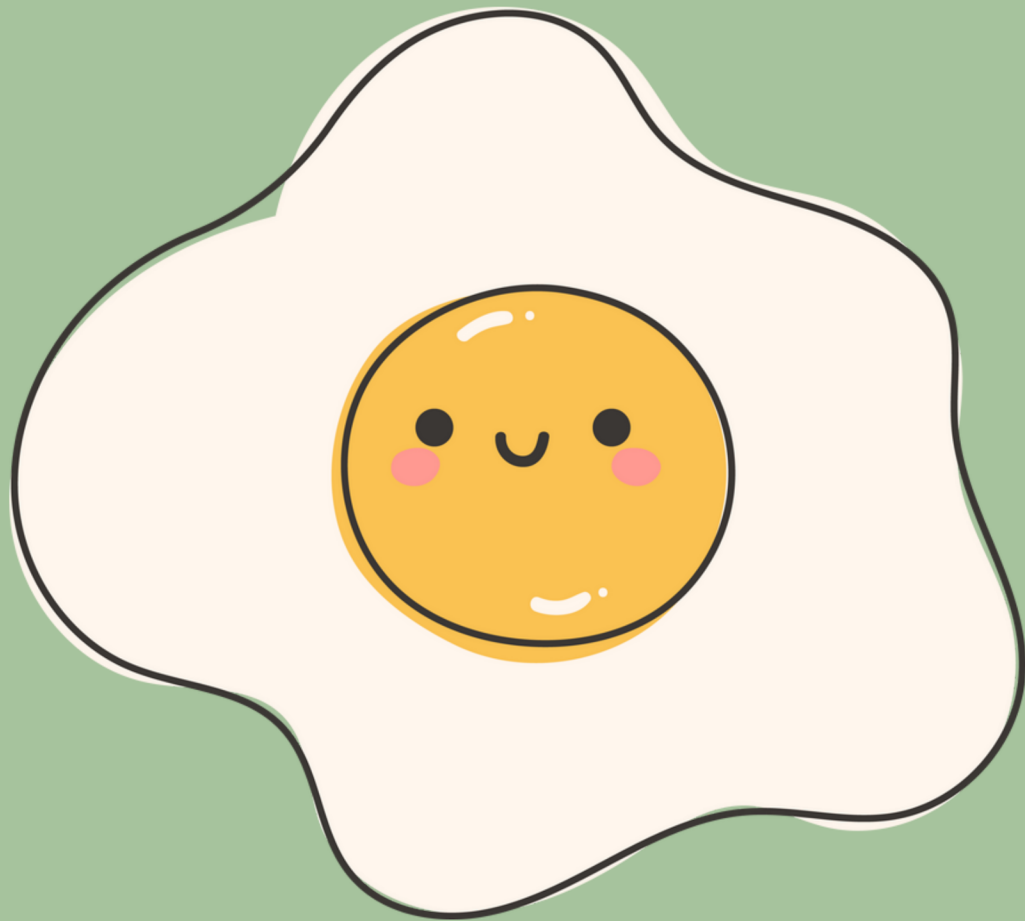


# ***DELIGHTFUL EGG RECIPES***

*Organic Eggs*



Mastering egg recipes for  
breakfast, lunch and dinner!

by  THE  
ORGANIC  
CENTER™

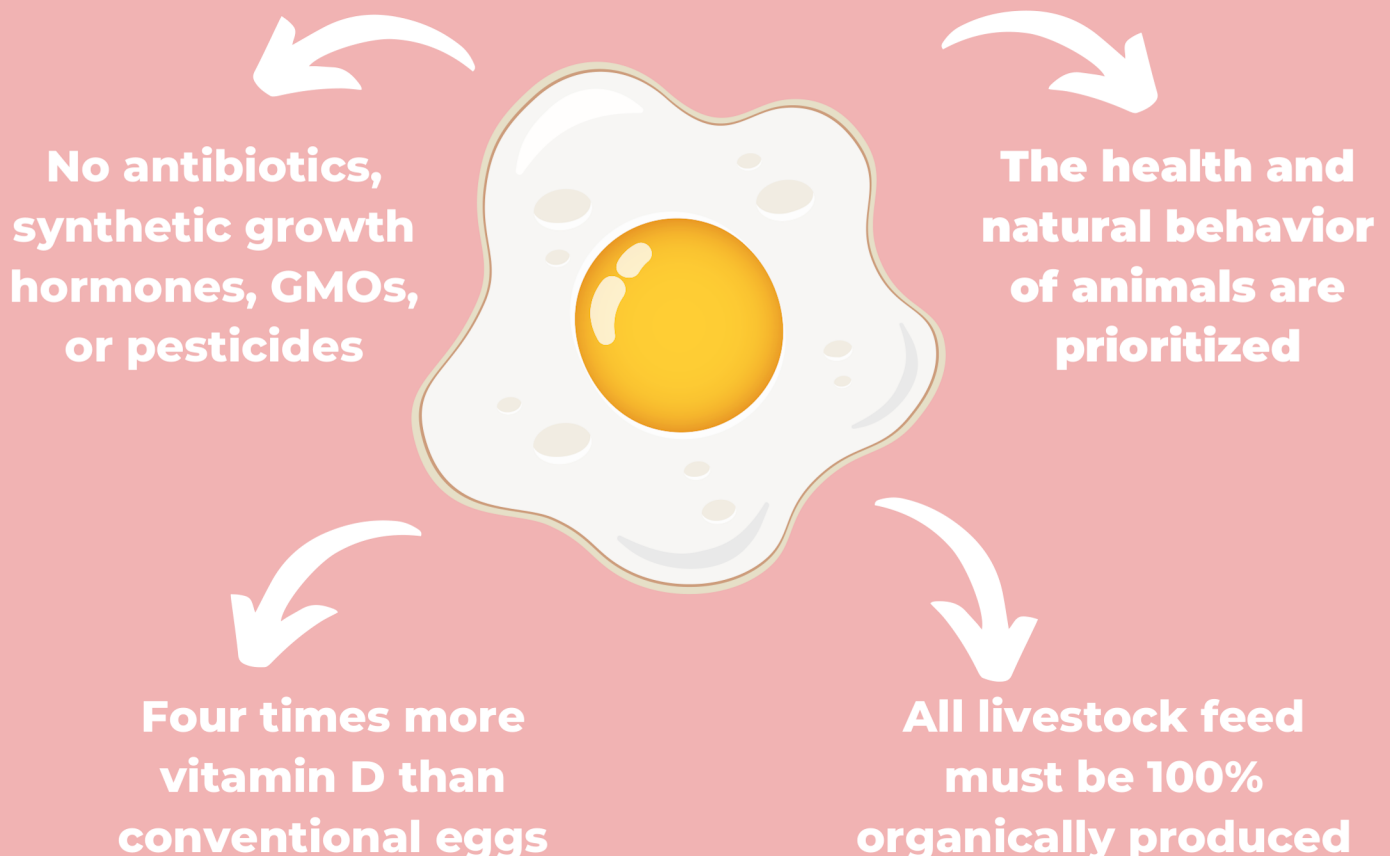
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Organic Eggs**
  
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# Benefits to Organic Eggs

In the world of cooking-related delights, eggs shine as an affordable yet essential source of protein. We have you covered with the basics: breakfast, lunch/dinner, and dessert! When purchasing organic eggs for these meals, rest assured that they're free from harmful pesticides in both animal feeds and pasture, ensuring you receive top-notch quality without chemicals.

Organic egg products come from animals **raised humanely and fed nutritious diets**, resulting in more nutritious options for you. Scientific research reveals the advantages of choosing organic eggs: **11% more potassium, a significant 31% boost in selenium, and 21% in heart-healthy omega-3 fatty acids**. Plus, they're loaded with up to four times more vitamin D than conventional alternatives.



The background is a solid teal color. It is decorated with several stylized eggs drawn with thick black outlines. Each egg has a circular yolk in the center and a wavy, cloud-like border representing the egg white. The eggs are scattered across the page, with some partially cut off by the edges.

||  
*Breakfast*



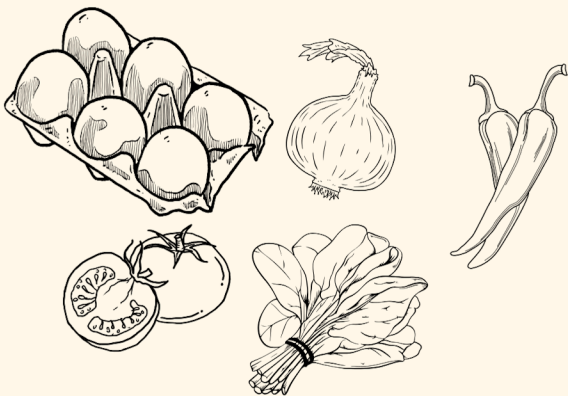
# Anytime Veggie Scramble



**Serving Time:** 15 Mins.

## Ingredients:

- Any assortment of veggies including onions, greens, mushrooms and root vegetables.
- Eggs
- Oil for cooking
- Salt and pepper



## Instructions:

- 1** Chop vegetables to preferable size. Firmer and denser vegetables like carrots and turnips will take longer to cook and so should be chopped more finely, while vegetables like mushrooms and greens will take less time and can be chopped more coarsely.
- 2** Add a few tablespoons of oil to a large skillet over medium-high heat and cook vegetable assortment until tender, starting with onions and firmer veggies, followed by faster-cooking vegetables.
- 3** While veggies cook, whisk eggs with salt and pepper in a medium-size mixing bowl.
- 4** Once veggies are cooked, turn the heat to low and add egg mixture to pan. Stir frequently until eggs are cooked through. Add in herbs and cheese after eggs are fully cooked. Serve.

## FACT OR MYTH

**Organic eggs have larger yolks and more macronutrients like potassium than non-organic eggs? [Answer on last page](#)**

III

*Lunch or*

*Dinner*



# ***Bucatini with Spring Vegetables and a Poached Egg***

*by Chef Megan Mitchell*

**Serving Time:** 35 Mins.

**Serving Size:** 6

## **Ingredients:**

- 2 tbsp. distilled white vinegar
- 6 Organic Valley eggs
- 1 pound bucatini
- 1/2 cup Organic Valley unsalted butter
- 4 green onions, thinly sliced
- 2 garlic cloves, grated or finely minced
- 2 lemons
- 1 bunch asparagus, cut into 2-inch spears on a hard bias
- 1 bunch spinach, washed and stems trimmed
- 10 ounces frozen sweet peas
- Parmesan wedge, for garnish

## **Instructions:**

- 1** Bring a large pot of water to a boil. Liberally season with salt.
- 2** In a medium saucepot, fill with water and simmer, add vinegar. When it's gently boiling like sparkling water, create a whirlpool with a slotted spoon, and carefully slide in 1 egg. Cook for 2-3 minutes until white sets but yolk remains runny.
- 3** Remove to a plate and continue with remaining eggs. Set aside while you make the pasta, keeping the water warm on low.
- 4** As pasta cooks, heat a 12-inch skillet over medium heat. Melt butter, add green onions, garlic, and lemon zest. Cook 2 minutes, add spinach, and cook until wilted, stirring frequently, about 2 minutes. Season with salt and pepper.
- 5** Serve immediately and enjoy your Mediterranean salad bowl

# ***Bucatini with Spring Vegetables and a Poached Egg***

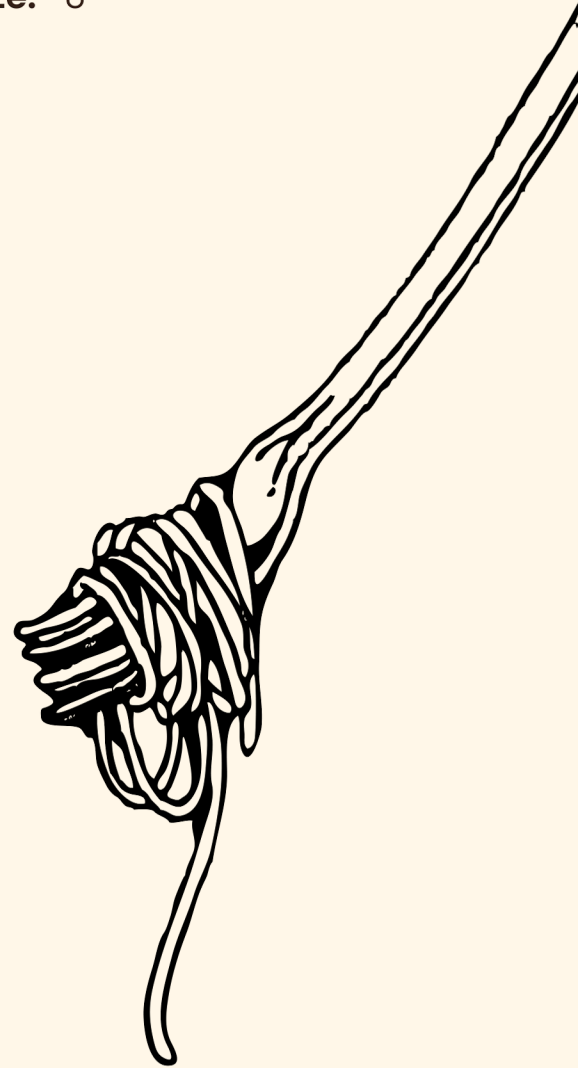
*by Chef Megan Mitchell*

**Serving Time:** 35 Mins.

**Serving Size:** 6

## **Instructions:**

- 6 When ready, add the pasta to the skillet along with the asparagus and peas. Toss to combine then add in the lemon juice and liberally season with salt and pepper. Toss and taste for seasoning.
- 7 To serve tong some of the pasta into a shallow dish. Add 1 egg at a time back into the warm water to heat through then place on top of the pasta. Sprinkle with black pepper and parmesan. Continue with remaining bowls. Alternatively, to serve family-style, pour the pasta into a large, shallow bowl. Add all of the eggs to the warm water for 30 seconds to reheat then place on top of the pasta. Serve immediately.



## **FACT OR MYTH**

**Organic eggs and dairy products come from farm animals raised in humane conditions and eating healthy diets, which leads to more nutritious products and a healthier planet?**

***Answer on last page***



**(IN)CREDIBLE SCIENCE,  
CREDIBLY SOURCED.**

IV

*Dessert*

# ***Baked Custard***

## ***by Alexandre Family Farm***

**Serving Time:** 30 Mins.

**Serving Size:** 8

### **Ingredients:**

- 4 Large Alexandre Kids Organic Pastured Eggs
- 2 cups Alexandre Family Farm A2/A2 Organic 4% Whole Milk
- ¼ to ½ cup local organic honey
- A pinch of salt
- 1 teaspoon grated organic Meyer lemon rind
- 1 teaspoon organic vanilla extract
- ⅛ teaspoon grated organic nutmeg

### **Instructions:**

- 1** Prepare a water bath in a Dutch oven or deep roasting pan, filling it ¾ full with water.
- 2** Preheat the water and pan in the oven at 325°F for 20 minutes.
- 3** Heat milk in a saucepan, avoiding boiling, and stir in honey and salt. Allow it to cool slightly.
- 4** Beat eggs in a bowl and slowly mix in a tablespoon of the warm milk mixture. Add lemon rind, vanilla, and nutmeg.
- 5** Divide the mixture into custard cups, place them in the water-filled pan in the oven, and bake at 325°F for 1 to 1¼ hours until firm.

### **FACT OR MYTH**

**Organic chicken farmers help reduce the spread of antibiotic resistant bacteria?**

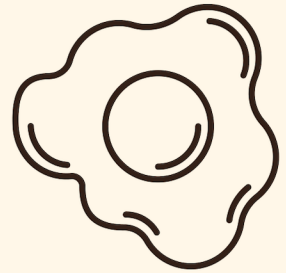
***Answer on last page***





# ***FACT OR MYTH***

**Organic eggs have larger yolks and more macronutrients like potassium than non-organic eggs?**



**FACT**

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**Organic eggs and dairy products come from farm animals raised in humane conditions and eating healthy diets, which leads to more nutritious products and a healthier planet?**



**FACT**

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**Organic chicken farmers help reduce the spread of antibiotic resistant bacteria?**



**FACT**