

## Looking for Summer Recipes? Canadian Eggs: Versatile, Sustainable and Locally Produced



Eggs are one of the most versatile foods, being an essential ingredient in delicious breakfasts and dinners, as well as a key component of baking and desserts. Click here to get recipes for the above [Buffalo Chicken Tostada](#) and [Strawberry Pavlova](#)!

Check out some more amazing recipes below:

- [Quinoa salad with lemon tahini dressing](#)
- [Coconut curry sweet potato nest with eggs](#)
- [Egg salad pinwheel wraps](#)
- [Greek omelette](#)

### Learn more about the Canadian egg industry:

There are over **1,200 regulated egg farmers all across Canada**, represented by Egg Farmers of Canada. These dedicated farmers produced over 789 million dozen eggs per year. That's over **9 billion eggs**!

Egg farmers are leading the way with sustainable practices and new innovations on their farms. If you'd like to learn how, click here to read [Egg Farmers of Canada's 2019 Sustainability Report](#).

Canadian egg farmers follow world-class standards for food safety, product quality and animal care. You can trust the food you eat and how it is raised when eating Canadian eggs.

Egg farmers in Canada work within [Canada's unique system of supply management](#), which helps them provide the continuous supply of fresh, local, high-quality eggs that Canadians want

and enjoy. This system matches the supply of eggs to the demand, cutting down on waste from overproduction and providing a steady income for egg farmers.

Every year, the Canadian egg industry supports over 18,500 jobs and contributes \$1.3 billion to Canada's GDP.

### **Nutrition facts:**

- 2 large eggs provide 13 grams of protein.
- The egg yolk contains almost as much protein as the egg white, so eat the whole egg for all the protein benefits.
- Eggs provide important nutrients like vitamins A, D, E, and B12, iron, choline and zinc.
- Eggs are a nutritious solution to quick and easy meals, providing essential vitamins and minerals.

**Want to learn more? Check out Egg Farmers of Canada's website and social media:**

- Website: [eggfarmers.ca](http://eggfarmers.ca)
- Facebook: <https://www.facebook.com/eggsoeufs>
- Twitter: <https://twitter.com/eggsoeufs>
- LinkedIn: <https://www.linkedin.com/company/egg-farmers-of-canada>