

# Eggs — no just for Easter

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Eggs have had a bad press, very undeservedly. Yes, eggs do contain cholesterol, but studies have shown that eating eggs does not raise blood cholesterol levels. Only people with extremely high levels of cholesterol, usually due to a genetic disorder called familial hypercholesterolaemia, should avoid eggs because of their cholesterol content (your GP will tell you if this is the case).



Eggs are a rich source of choline which is important for brain function. Together with other vitamins choline is also needed for the conversion of homocysteine. High levels of homocysteine have been associated with heart disease, strokes, migraines, pregnancy related problems, depression and many more health problems.

Eggs contain lutein which is also found in green vegetables. Lutein has been shown to reduce the risk of eye disease. Vitamin A of which eggs are a good source is also important for vision.

Eggs are easy to prepare, and can make a quick and nutritious meal, e.g. baked beans and poached egg, scrambled eggs on wholemeal toast, omelette with new potatoes and vegetables or just add boiled eggs to a salad. For more ideas see overleaf.

# Recipes

## Salade Nicoise

*This makes a delicious light lunch.*

Serves 4

400g new potatoes, cooked and quartered  
250g cherry tomatoes  
125g fine French beans, topped, cooked and drained  
2-3 little gem lettuce hearts, cut into wedges  
1 red onion, finely sliced  
400g fresh tuna steaks, grilled  
4 hardboiled eggs, quartered  
6 anchovy fillets cut lengthways into thin strips  
16 pitted black olives in brine

For the dressing

2 tbsp extra virgin olive oil  
1 tbsp balsamic vinegar  
2 tbsp fresh mixed herbs, chopped (e.g. basil, tarragon, chives, parsley)  
1 garlic clove, peeled and crushed  
Salt and pepper to taste

Place all dressing ingredients in a glass jar and shake vigorously to mix well. Gently mix potatoes, lettuce, tomatoes, beans and onion and arrange on plates. Arrange tuna, eggs, anchovies and olives on the salad and dress (shake dressing again to ensure it is well mixed).

## Vegetable frittata

*Another great idea for lunch or a light dinner.*

Serves 2

1 tbsp olive oil  
1 red pepper, finely chopped  
1 leek, thinly sliced  
100g frozen peas  
4 eggs  
Fresh herbs (e.g. chives, basil, mint)  
Salt and pepper to taste

Gently heat oil in a large frying pan, add pepper and gently cook for about 5 minutes. Add leek and peas and gently cook for about 5 minutes until the vegetables are soft.

Beat the eggs with the herbs, salt and pepper and add to the pan. Cook over a gentle heat until the bottom starts to set. Pull the edges away and tilt the pan so the uncooked egg can run underneath.

Preheat grill and put frittata under the grill to set the egg on top.

Serve with a green salad or vegetables.