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HOMEMADE PASTA

INGREDIENTS Serves 6

- 3 cups all-purpose flour, plus extra for kneading
- 3 large whole eggs
- 3 large egg yolks
- 2 tsp salt
- 3 tsp olive oil

INSTRUCTIONS

1. Place flour in a pile, in the center of a clean surface and make a well in the center of the mound.
2. Crack all the eggs and yolks into the center of the well, adding the salt and olive oil.
2. Take a fork and beat all the ingredients in the well together, and slowly mix in the surrounding flour until it's blended well enough to use your hands. (Keep more flour handy and add if the dough is too wet, or if it's too stiff, add a little water).
4. Once the dough ball is a soft yellow color and firm, begin kneading the dough—pushing forward and down with your hands for 8–12 minutes until smooth. Then wrap the ball in plastic and let it sit for at least an hour.
5. Use a pasta machine to roll and cut out the pasta. Dust it off with a little more flour and let hang to dry.
6. Bring a large pot of salted water to a boil and drop in the pasta—cooking for about 2 minutes—then drain. Serve with your favorite sauce, or get creative, adding veggies, herbs, or cheese.



Eggs are nutrient-dense, cheap and delicious! Studies have shown that people who consume eggs for breakfast are more satisfied and are more likely to eat less calories during the next 24 hours. Additionally, eggs also contain many different vitamins and minerals that your body needs to stay healthy! Eggs are a great meat alternative for vegetarians, and a good source of Vitamin B12, which is only found in animal products.

Eggs also have cholesterol, which everybody needs in small amounts. For example, cholesterol can strengthen the cell membranes of your gums. It is important to know that decades of research show that dietary cholesterol has little effect on your blood cholesterol, so feel free to enjoy your eggs!

Each egg contains 6 grams of high quality protein that your body can use to grow strong hair and nails, to build and repair muscles, and to help your body fight infections. Did you know that there are bacteria (little germs) in your mouth that cause holes in your teeth (called cavities)? Proteins found in eggs stick to the bacteria in your mouth, stopping them from sticking to your teeth! This is helpful because the sugar bugs cannot make holes in your teeth, preventing cavities.



FUN FACTS TO CONSIDER WHEN YOU SHOP FOR EGGS

1. Brown eggs are often more expensive than white eggs, but not because they are healthier or tastier. In fact, the nutritional content and flavour of the egg does not differ with colour. Brown eggs are more expensive than white ones, because the hens laying them are bigger and require more feed.
2. All eggs in Canada are hormone and steroid-free, so don't be fooled by a sign telling you that their eggs are special because they don't contain any hormones or steroids.

What is awesome about the eggs is that you don't have to eat them just for breakfast! You can use them to make appetizers, main courses and desserts. Check out our recipe for making pasta and see how you can use your eggs.

SUPER ECO-FRIENDLY EGG PLANTER DON'T THROW AWAY YOUR SHELLS!

They are compostable and full of nutrients that plants can use. Fill it up with soil and plant a seed or bean in there. Once your egg-planters have sprouts, you can plant them in a bigger planter or directly into your garden!

