Egg Facts:

- Eggs are a nutrient dense food containing 11 different vitamins and minerals, as well as omega 3s and antioxidants.
- Eggs are a nutritious and versatile food, not to mention a valuable and inexpensive source of protein. In addition to this, eggs carry the National Heart Foundation Tick as they are recognised as a highly nutritious food.
- Eggs make a significant contribution to many other key nutrients needed for optimum health including folate, selenium, and iodine.
- A US study found egg consumers have higher intakes of vitamins A, E, B12 and folate compared to non-egg consumers.

Do you have a recipe to share? Send in your healthy recipes or tips and you could be famous in our newsletter! Win the ‘Happy Capsicum Award’! This Issue’s winner is Mr McCloy who has contributed these great salad tips:

‘Salads are great served with meat or fish or even by themselves.

I love to make my salads using lots of fresh vegetables and adding in a range of herbs straight from my own vegetable garden. Try this one at some stage.

Lettuce (try some different types of lettuce - there are some great ones available), baby Roma tomatoes, beetroot, cucumber, shredded carrot and finely chopped red onion, a couple of hard boiled eggs cut into quarters and a few chillies cut finely (once again there are a range available and if you don’t like it too hot just choose some mild chillies). Add some coarsely chopped herbs and combine well with the vegetables. I use basil and coriander a lot and find they add so much extra flavour. Parsley is another favourite that adds a great flavour to salads. Truly, you can never use too many herbs - go wild!

Combine all these ingredients and add about 50 mls of your favourite salad dressing. I love a low fat mayonnaise or one of the many flavoured balsamic vinegars. Make your own dressing by combining some extra virgin olive oil, a bit of soy sauce, a bit of chilli and heaps of herbs finely chopped. Use basil and coriander for a beautiful flavour.

If you don’t want meat add a can of tuna or salmon to the salad and mix it in well with all the vegetables. The result is a gastronomic feast that all the family will love.’

Thank you Mr McCloy for those wonderful salad ideas - we feel healthier already!

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