

Eggs

Can eggs be part of a healthy dietary pattern? Check out the “Introduction to Eggs” video included in this curriculum for a detailed discussion on the topic. If you choose to include eggs in your otherwise whole food, plant-predominant dietary pattern, the following recipes use healthy cooking techniques. Remember to consider the healthfulness of the whole meal—it is much healthier to include an egg in a meal otherwise made of whole plant foods rather than in one that also includes the processed meats and ultra-processed carbohydrate foods common in many US breakfasts.

