



CAGE-FREE EGGS

Eurest has a commitment to serving cage-free eggs all year, this means the eggs we purchase must adhere to the Humane Farm Animal Care (HFAC) standards. We wanted to give this egg-cellent source of protein a special shout out this month. Eggs are a complete protein, which means they contain all the essential amino acids needed to build muscles and tissue for our bodies to utilize while being a good source of Vitamin D. The egg is a very economical animal protein, a great source of nutrients, and tastes awesome. They are pretty much nature's perfect food. Eggs are great to eat any time of the day, whether in a breakfast sandwich, as part of an afternoon salad or as frittata at dinner. Enjoy eating a few eggs today!

NATIONAL PEAR MONTH

Pears are a delicious, low-calorie snack, and they are also chock-full of nutrients. Pears deliver a hefty amount of fiber, which helps keep you full and keeps your heart and gut healthy. Boasting 6 grams of fiber, pears have more dietary fiber than a 1-cup serving of kale! From helping you maintain a healthy weight to reducing your risk of developing type 2 diabetes, eating enough fiber is integral to a well-balanced diet. This fruit is great as a portable snack. Pair your pear with protein—think cheese or nuts—for a well-rounded healthy snack. Enjoy!

MAD SPICE

Did you know that most adults should keep their sodium intake to 1500 milligrams a day? This is less than 1 teaspoon of salt! Reducing your salt intake does not mean you need to reduce flavor. Fresh herbs and dried spices are a great way to add layers of complex and delicious flavors! Be sure to check out our new concept, Mad Spice, which combines Chinese cooking techniques with Indian flavor. With so many flavors, you can skip the salt shaker and enjoy these dishes.



CHEF'S TIP

Chilly weekend mornings call for quick breakfast solutions, and we have some great ones for you!

- Classic baked eggs – in a 4 ounce ramekin, bake your cage-free egg with a sprinkle of chives and gruyere and your breakfast is under way
- Pumpkin spice baked oatmeal – this can be baked the night before, cut into squares, and warmed up in the air fryer
- Winter morning stratas – this breakfast incorporates cage-free eggs, leftover bread, diced veggies, and fresh herbs. Toss everything together before bed and refrigerate. Place in a pan and pop in the oven while your coffee is brewing. Enjoy a hearty, homecooked breakfast without the mess!