

Nutrition of Eggs

Eggs is such a common part of our diet, but there is much debate about their health benefits...are they good for us or are they bad for us?

Health benefits: Eggs are a great source of **bioavailable protein (6 g per egg)** along with good amounts of **B-vitamins, vitamin D, selenium and lutein and zeathanxin**, which protect against age-related eye diseases.

Cholesterol: For decades, and still ongoing, people seem to think that because eggs have moderate amounts of cholesterol that they will increase your cholesterol. This has been disproven through many studies. **Eating an egg or two a day will hardly alter your cholesterol levels...**Part of the confusion is that people who ate many eggs had them fried and ate them with high fat processed foods with low intake of fruits and vegetables... **It was the poor diet, not the eggs that elevated the cholesterol!**

Food sensitivity: Egg is a very common food sensitivity that I see in practice all too often. It is because it is hidden in so many processed forms that we have sensitized ourselves to eggs.

Hidden egg ingredients in common foods: ovalbumin, albumin, vitellin, globulin, binder, coagulant, emulsifier, lecithin, ovomucoid, ovomucin ovovitellin, lysozyme

"The Vegg": An eggless egg substitute for vegans or people with egg sensitivities. Can be cooked as an egg, or used in baking as an egg substitute.

Makoto's advice: As long as you do not have a sensitivity to eggs, do not be concerned about eating eggs on a regular basis. Choose cruelty-free, omega-3, pastured eggs to maximize their health benefit and support ethically-raised animals.

Nutritional Supplement: NEM or New Egg Membrane, is a promising new health product that is helpful for patients with arthritis, and usually only needing to take one capsule per day.

For a simple, scrambled egg-substitute dish, try the recipe below!

But'echa' (Ethiopian Chickpea Stew)

Source: <http://www.vegetarianrecipesandcooking.com/vegetarian-butecha-recipe.php>

Ingredients:

2 cups powdered chick peas
1/4 cup berbere*
1/2 cup vegetable oil
1 cup red onion
1 TB ground mustard
2 TB lime juice
1/4 teaspoon black pepper
Salt to taste
5 hot green chilies; (or more if you like hot)
2 cups green pepper, diced

*Berbere is a spice blend made up of chili peppers, fenugreek, ginger, and more. It is available at Ethiopian grocers, or you can blend your own – there are many recipes available online.

Directions:

Mix the chick pea powder with berbere and 1 cup of water. Cook over a low heat for 15 minutes. Remove from stove. Blend onion, mustard, lime juice, black pepper, salt, green chilies and green pepper to a smooth paste. Add this to the cooked chick pea mix and cook for another 20 minutes on low heat.

Note: The dough will become very thick and stiff as it cooks. It is done when a thin film forms on the pan and the dough pulls away from the sides. When cooled and crumbled, it will resemble scrambled eggs.

**** Talk to your doctor before making any changes to your health program ****