

# Eggs



# Crack open the possibilities.



## Rice Pudding *(image on previous page)*

- 3 eggs
- 2 cups (500 mL) low-fat milk
- ½ cup (125 mL) granulated sugar
- 1 tsp (5 mL) vanilla
- ½ tsp (2 mL) ground nutmeg or cinnamon
- 2 ½ cups (625 mL) cooked rice
- ¼ cup (50 mL) dried raisins or currants

Preheat oven to 325°F (160°C). In a large bowl, beat eggs and blend in milk, sugar, vanilla, and nutmeg. Stir in rice and raisins. Pour rice mixture into lightly greased 9-inch (2 L) round baking dish. Bake for 45 to 50 minutes or until edges are puffed and centre is almost set. Let stand 20 minutes before serving.

*Makes 6 servings.*

## Egg & Tomato Bruschetta

- 2 ½ cups (625 mL) diced tomatoes (2 large)
- ¼ cup (50 mL) fresh basil or 1 ½ tsp (7 mL) dried basil
- 1 tsp (5 mL) minced garlic
- 2 tbsp (30 mL) canola oil
- 1 tbsp (15 mL) balsamic vinegar
- A dash of pepper
- 4 oz (125 g) light cream cheese, softened
- 18-20 slices of whole wheat baguette, toasted
- 5 hard-cooked eggs, peeled and sliced
- 3 tbsp (45 mL) freshly grated Parmesan cheese

Preheat oven to 450°F (230°C). Dice tomatoes, remove seeds, and place in a sieve. Let tomatoes drain over a bowl while preparing remaining ingredients. When ready to assemble, combine tomatoes, basil, garlic, canola oil, balsamic vinegar, and pepper in a bowl. Spread cream cheese on one side of each baguette slice and top each with about 2 tbsp (30 mL) tomato mixture. Arrange a slice of egg over each. Sprinkle Parmesan cheese on top of each bruschetta. Bake 6 to 8 minutes.

*Makes 18-20 baguette appetizers.*

Variation: Chop eggs and add to tomato mixture. Spread baguette slice with cream cheese then tomato mixture and top with Parmesan cheese. Bake as directed.



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