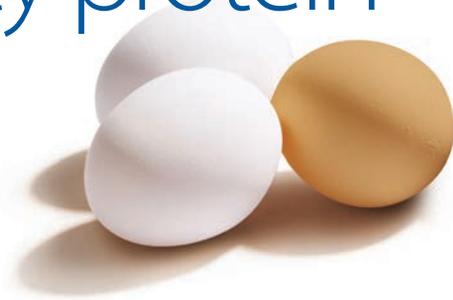


Eggs



The highest quality protein



Eggs are the gold standard in protein. They contain all nine essential amino acids (the building blocks of protein) in the right proportion for the body.

Dessert Popovers *(image on previous page)*

3 eggs, room temperature
1 cup (250 mL) all-purpose flour
3 tbsp (45 mL) sugar
½ tsp (2 mL) cardamom
¼ tsp (1 mL) salt
1 cup (250 mL) 2% milk, room temperature
3 cups (750 mL) fresh fruit, chopped
Lemon yogurt
Cooking spray

Pre-heat oven to 400°F (200°C). Generously grease a 12-cup non-stick muffin pan with cooking spray. In a large bowl, beat eggs lightly. Add flour, sugar, cardamom, salt, and milk. Beat just until combined and mixture is smooth.

Meanwhile, heat muffin pan in the oven. Divide egg mixture into hot muffin cups, filling ½ - ¾ full. Bake for about 20 minutes. Reduce heat to 325°F (160°C) and cook for 15-20 minutes longer, or until deep golden brown. Remove from oven and tip popovers out of muffin cups. Fill each warm popover with fresh chopped fruit and top with lemon yogurt.

Makes 12 servings.

Spinach, Ham and Parmesan Deviled Eggs

6 large eggs, hard-cooked
1 tsp (5 mL) canola oil
2 slices deli ham, chopped
½ cup (125 mL) fresh spinach, chopped
1-2 tbsp (15-30 mL) light mayonnaise
2 tbsp (30 mL) grated Parmesan cheese
Salt and pepper to taste

Cut eggs in half vertically and remove the yolks. Place yolks in a small bowl and set aside. Heat the oil in a saucepan set over medium heat and sauté the ham for one minute. Add the spinach and cook for another minute, until wilted. Mash the yolks with the mayonnaise, Parmesan cheese, and salt and pepper until smooth. Add the spinach mixture and stir until well blended. Stuff egg white halves with filling and serve immediately.

Makes 12 appetizers

For nutrient analysis of these recipes visit eggs.mb.ca



Eggs

Nutritious, delicious
and locally produced.

 **Manitoba
Egg Farmers**
eggs.mb.ca

The Grade A eggs available in local grocery stores in Manitoba are produced by one of 164 regulated farm families like Michel and Monique Dequier.