

# Eggs

A NATURAL CHOICE



# Eggs

ARE ONE OF NATURE'S MOST WHOLESOME FOODS AND CAN BE INCLUDED IN EVERYTHING FROM APPETIZERS THROUGH TO DESSERTS. THIS RECIPE BOOKLET FEATURES SIX DELICIOUS RECIPES THAT SHOWCASE THE VERSATILITY AND GOODNESS OF EGGS.

## Naturally Nutritious

Few foods can compete with eggs when it comes to nutrition. Eggs are an excellent source of high-quality protein and packed with vitamins and minerals.

## Locally Produced

Manitoba Egg Farmers is a farmer-funded organization that represents nearly 170 local farm families in the province. These regulated egg farmers follow strict standards in food safety and animal care that are approved and audited by the Canadian Food Inspection Agency.

Regulated egg farmers in Manitoba house their hens in a variety of ways including free-run, organic, conventional and enriched housing. For a look inside a laying hen barn, check out the videos in the Animal Care section of Manitoba Egg Farmers' website [www.eggs.mb.ca](http://www.eggs.mb.ca).

This recipe booklet introduces some of the farm families that produce a variety of nutritious eggs for you to enjoy.

### The Thiessen family

Egg Farmers  
Winkler, Manitoba



# Quinoa Veggie Burgers

- 1 tbsp (15 mL) canola oil
- 1 - 2 cloves garlic, chopped
- 1 small onion, chopped
- 4 cups (1 L) spinach, chopped
- 2 ½ cups (625 mL) cooked quinoa
- ¼ cup (50 mL) fresh parsley, chopped
- ½ cup (125 mL) Parmesan cheese, grated
- ½ tsp (2 mL) salt
- 4 eggs, beaten
- ½ cup (125 mL) Panko crumbs
- 3 tbsp (45 mL) canola oil
- 8 hamburger buns
- Lettuce
- Tomato slices

In a large non-stick fry pan, heat canola oil over moderate heat. Add garlic and onions and sauté 3-4 minutes. Add spinach and cook mixture for a few more minutes, until spinach is wilted. Set aside. In a medium bowl, combine quinoa, parsley, Parmesan, salt and eggs and mix until combined. Add spinach mixture and Panko crumbs. Mix to combine. Using a half cup measure, mold mixture into 8 into patties. Using the same fry-pan, heat 3 tbsp (45 mL) oil over moderate heat. Fry patties until golden on both sides (about 2-3 minutes per side). Serve on buns with lettuce and tomatoes.

**Makes 8 burgers**





# Greek Spinach Tarts

18-24 medium pastry tart shells

4 eggs

½ cup (125 mL) plain yogurt

½ cup (125 mL) 2% milk

½ tsp (2 mL) salt

½ tsp (2 mL) dry mustard

½ tsp (2 mL) tarragon

½ cup (125 mL) finely chopped red onion

1 (300 g) package frozen spinach, thawed and squeezed dry thoroughly

¾ cup (175 mL) crumbled Feta cheese

Preheat oven to 375°F (190°C). In a medium-sized bowl, beat eggs until blended and mix in yogurt, milk, salt, mustard, tarragon, onion, spinach, and Feta cheese. Spoon into pastry-lined tart tins. Place tarts on a cookie sheet on the middle rack in the oven.

Bake at 375°F (190°C) for 25 minutes, until set. Cooked tarts may be refrigerated for up to 3 days or frozen for one month. Reheat in 325°F (160°C) oven for about 10 minutes or about 20 minutes if frozen.

**Makes 18-24 quiche tarts.**



## The Gaultier Family

Egg Farmers  
Notre Dame De Lourdes,  
Manitoba



# Poached Egg Salad

- ½ cup (125 mL) croutons
- 2 tbsp (30 mL) extra virgin olive oil, divided
- 2 eggs
- 4 cups (1 L) mixed salad leaves
- 2 garlic cloves, crushed
- 1 tbsp (15 mL) white wine vinegar
- ¼ cup (50 mL) crumbled light Feta cheese
- Ground black pepper to taste

Bring 3 inches (7.5 cm) of water to a boil in a saucepan. Reduce to a gentle simmer. Break one egg into a small dish. Gently slip egg into the water. Repeat process with second egg. Cook in barely simmering water for 3 to 5 minutes or until cooked as desired. Meanwhile, divide the salad leaves between two plates. Arrange croutons over the leaves. Heat oil in a small fry pan; add the garlic and sauté for 1 minute. Add vinegar and heat through for about 30 seconds.

Remove eggs one at a time with a slotted spoon. Place a poached egg on each salad. Pour the warm dressing over each one. Scatter with Feta cheese and a little black pepper.

**Makes 2 servings.**

## The Maguet Family

Egg Farmers  
Laurier, Manitoba





*Did you know?*

*Regulated egg farmers in Manitoba produce a variety of eggs including omega-3, vitamin enhanced, vegetarian and organic.*

## Zucchini Bake

- 5 medium zucchinis, thinly sliced
- 1 large onion, diced
- 2 cups (500 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- ½ tsp (2 mL) salt
- 2 cups (500 mL) grated Old Cheddar cheese
- 6 eggs, beaten
- ⅔ cup (150 mL) canola oil
- 2 tbsp (25 mL) chopped fresh oregano
- ½ tsp (2 mL) pepper
- ½ -1 tsp (2-5 mL) garlic powder

Preheat oven to 350°F (180°C). Prepare vegetables. Measure flour, baking powder and salt into a very large mixing bowl. Stir in shredded Cheddar cheese. In separate bowl, beat eggs well. Beat in vegetable oil, oregano, pepper and garlic powder. Add egg mixture to flour mixture and mix well. Stir in zucchini slices and diced onion. Spread mixture into 9 x 13 inch (23 cm x 33 cm) baking dish sprayed with non-stick spray. Bake 50 – 60 minutes until golden.

***Makes 6-8 servings.***



**The Brydges Family**

Egg Farmers  
Blumenort, Manitoba



# Mocha Chiffon Cake

2 tsp (10 mL) instant coffee powder or granules  
¾ cup (175 mL) hot water  
1 ¾ cup (425 mL) all-purpose flour  
1 ½ cups (375 mL) sugar  
1 tbsp (15 mL) baking powder  
½ tsp (2 mL) salt  
½ cup (125 mL) canola oil  
6 egg yolks  
1 tsp (5 mL) vanilla extract  
6 egg whites  
½ tsp (2 mL) cream of tartar  
2 -1 oz (28 g) squares semi-sweet chocolate, grated

## Cocoa Whipped Cream

2 cups (500 mL) whipping cream  
⅓ cup (75 mL) sugar  
3 tbsp (45 mL) cocoa  
1 tsp (5 mL) vanilla extract  
Semi-sweet chocolate curls or cocoa nibs, for garnish

Preheat oven to 325°F (160°C). Dissolve coffee powder or granules in hot water; cool to room temperature. In a large bowl, combine flour, sugar, baking powder and salt; stir until well mixed. Make a well in center; add oil, egg yolks, vanilla and cooled coffee. Beat with a wooden spoon until smooth.

In another large bowl, use electric mixer to beat egg whites and cream of tartar until stiff but not dry. Gently pour batter over egg whites; fold in carefully, adding grated chocolate towards the end. Spoon batter into an ungreased 10-inch (25 cm) tube pan.

Bake 60 to 70 minutes, or until cake

springs back when lightly touched. Turn pan upside down and let cake hang until cool. Loosen sides of cake with knife or long metal spatula. Remove from pan.

## Cocoa Whipped Cream

In a medium bowl, combine whipping cream, sugar, cocoa powder and vanilla. Stir to blend ingredients, but do not beat. Cover and refrigerate 1 to 2 hours. Whip until soft peaks form.

Just before serving, frost cake with cocoa whipped cream. Decorate with semi-sweet chocolate curls or cocoa nibs, if desired. Refrigerate until ready to serve.

**Makes 10 – 12 servings.**



## Did you know?

The eggs available in Manitoba Grocery stores are produced right here in our province.



# Chocolate Chip Domino Brownies

- ½ cup (125 mL) soft butter
- 2 cups (500 mL) firmly packed brown sugar
- 4 eggs
- 2 cups (500 mL) all-purpose flour
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) salt
- 2 tsp (10 mL) vanilla
- 1 cup (250 mL) chopped walnuts or pecans
- 1 pkg (175 g) semi-sweet chocolate chips

### Orange Buttercream Frosting

- ⅓ cup (75 mL) butter, room temperature
- 1 ½ cups (375 mL) icing sugar
- 4 tsp (20 mL) orange juice

In a mixing bowl, cream butter and brown sugar. Beat in one egg at a time. Sift together flour, baking powder and salt. Stir into brown sugar mixture until smooth. Fold in vanilla, nuts and chocolate chips. Spread in lightly buttered and floured 9 x 13 inch (23 x 33 cm) baking pan. Bake in 350°F (180°C) oven for 25 to 30 minutes. Cool to room temperature.

Frost with Orange Buttercream Frosting and cut into 24 squares; decorate as dominoes.

### Orange Buttercream Frosting

In medium bowl, beat butter with electric mixer or wooden spoon until creamy. Gradually add icing sugar and orange juice, alternately, beating until light and fluffy.

### The Loewen Family

Egg Farmers  
Arborg, Manitoba





# Natural Protein

Eggs are an excellent source of high-quality protein. They contain all nine essential amino acids that the body cannot produce naturally.

Protein is an important part of every cell in the body. It provides building blocks for tissue growth and repair, helps the body maintain a healthy metabolism and supplies calories for lasting energy. Protein also helps fight infections and keeps body fluids in balance.

Eating protein-rich foods like eggs keeps you feeling fuller longer. This is because protein helps the body control the rate at which calories are absorbed. Protein-rich foods take longer to digest which means you are less likely to snack in between meals.



# Natural Goodness

Eggs are one of nature's most nutritious foods and are packed with many important vitamins and minerals.

EGG NUTRIENT	BENEFIT
<b>Iron</b>	Carries oxygen to the cells; helps prevent anemia - the iron in eggs is easily absorbed by the body
<b>Vitamin A</b>	Helps maintain healthy skin and eye tissue; assists in night vision
<b>Vitamin D</b>	Strengthens bones and teeth; may help protect against certain cancers and autoimmune diseases
<b>Vitamin E</b>	An antioxidant that plays a role in maintaining good health and preventing disease
<b>Vitamin B<sub>12</sub></b>	Helps protect against heart disease
<b>Folate</b>	Helps produce and maintain new cells; helps prevent a type of anemia; helps protect against serious birth defects if taken prior to pregnancy and during the first 3 months of pregnancy
<b>Protein</b>	Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body
<b>Selenium</b>	Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues
<b>Lutein and zeaxanthin</b>	Maintains good vision; may help reduce the risk of age-related eye diseases such as cataracts and macular degeneration
<b>Choline</b>	Plays a strong role in brain development and function



Egg Farmers are proud to provide  
a variety of high-quality, nutritious eggs  
for Manitobans to enjoy.



For more egg recipe ideas click on the recipe section  
of the **[www.eggs.mb.ca](http://www.eggs.mb.ca)** website.



WE'RE EGG FARMERS  
WE LOVE WHAT WE DO®

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