

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.



Egg Drop Soup With Shiitake Mushrooms (image on previous page)

6 cups (1.5 L) low-sodium chicken or vegetable stock
6 shiitake mushrooms, stems removed, thinly sliced
1 tbsp (15 mL) low-sodium Soy Sauce
Dash of finely ground white pepper
½ cup (125 mL) thinly sliced green onions
3 eggs, lightly beaten
½ cup (125 mL) fresh baby spinach

In a medium saucepan, bring the stock to a simmer. Add mushrooms, soy sauce, white pepper and ¼ cup (50 mL) of the green onions. Return to a low simmer and cook for 3 minutes. Stirring with a fork, gradually add the eggs in a slow steady stream. Add the spinach. Cook until the eggs are set, stirring to create shreds or ribbons of the eggs for about 1 minute. Remove saucepan from heat. Ladle soup into bowls and garnish with remaining onions. Serve immediately.

Makes 8 servings.

Layered Egg and Pasta Salad

1 cup (250 mL) whole wheat pasta, uncooked
¾ cup (175 mL) green beans
2 large ripe tomatoes
1 pkg (28 g) fresh basil leaves
1 can (170 g) low-sodium water packed tuna, drained
3 hard-cooked eggs, shelled and sliced or quartered
Black olives to taste, optional

Dressing

6 tbsp (90 mL) extra-virgin olive oil
2 tbsp (30 mL) white wine vinegar or lemon juice
2 garlic cloves, crushed
½ tsp (2 mL) Dijon mustard
2 tbsp (30 mL) chopped fresh basil
¼ tsp (1 mL) pepper

To make the dressing, whisk all the ingredients together in a small bowl. Leave to infuse while you prepare the salad.

Cook pasta in plenty of boiling water until al dente. Drain well and cool. Trim the green beans and blanch in boiling water for 3 minutes. Drain and refresh in cold water. Slice the tomatoes and arrange on the bottom of a serving bowl. Cover with a few basil leaves. Layer with beans, pasta, more basil leaves, and roughly flaked tuna. Arrange the eggs on top, then scatter olives (if using). Spoon dressing over salad. If desired, garnish with any remaining basil. Serve immediately.

Makes 6 servings

Tip: Salads can also be built individually.

For nutrient analysis visit eggs.mb.ca



Eggs

Nutritious, delicious
and locally produced.

The Grade 'A' eggs available in local grocery stores in Manitoba are produced by one of 160 regulated farm families like Jason & Esther Thiessen.