

Eggs

Natural Protein





Coconut Macaroons

½ cup (125 mL) egg whites (approx. 4 large eggs, separated)
¼ tsp (1 mL) salt
½ tsp (2 mL) cream of tartar
1 tsp (5 mL) vanilla
1 cup (250 mL) sugar
2 cups (500 mL) shredded sweetened coconut

Preheat oven to 325°F (160°C). Cover three large baking sheets with foil or heavy brown paper. In a medium bowl beat egg whites, salt, cream of tartar and vanilla until soft peaks form. Gradually beat in sugar, 2 tbsp (30 mL) at a time, beating well after each addition. Continue beating until stiff and glossy. Fold in coconut.

Drop small spoonfuls 1½ inches (4 cm) apart onto prepared baking sheets and bake for 20 minutes or until lightly browned. Remove from oven and allow to cool 5 minutes before transferring to cooling racks. Store in a tightly covered container.

Makes approximately 6 dozen cookies.

Egg and Bacon Pie

(image on previous page)

1 package (14 oz/397 g) frozen puff pastry, thawed
½ lb (397 g) back bacon or ham, thinly sliced
8 eggs
3 tbsp (50 mL) green onions or chives, finely chopped
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
1 tbsp (15 mL) water or milk

Divide pastry in half. Line one 9-inch (1 L) quiche dish or pie plate with pastry. Arrange ½ of the back bacon or ham over the pastry base. Break 7 eggs into pie. Break yolks with fork but do not stir yolks and whites together. Sprinkle onion, salt and pepper over eggs and top with remaining back bacon or ham. Cover with pastry. Beat remaining egg with water and brush over top of pie. Bake in 400°F (200°C) oven for 25 to 30 minutes. Serve hot or cold.

Makes 6 servings.

For nutrient analysis visit eggs.mb.ca

Crack Open the Goodness

Eggs are one of nature's most nutritious foods. They are an excellent source of protein and contain 14 vitamins and minerals.



Eggs

Locally produced

The eggs available in Manitoba grocery stores are produced by egg farmers like the Doerksen family from Blumenort, Manitoba.

Regulated egg farmers meet high standards in food safety and animal care.