



SAVOUR THE FLAVOUR

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Delicious Egg Recipes





Eggs are a nutritious and delicious protein-packed choice!

This booklet shows the versatility of eggs in a variety of recipes from main entrees to desserts, compliments of your Manitoba Egg Farmers.



OVEN POACHED EGGS

6 large eggs
6 Tbsp (90 mL) water

Preheat oven to 350°F (180°C). Grease muffin tin with cooking spray. Add 1 Tbsp (15 mL) water to each greased muffin cup, as well as to any cups that will not be used for eggs. Crack one egg into each of 6 muffin cups.

Bake for 11 minutes for runny yolks and whites, 13 minutes for firm whites and runny yolks and 15 minutes for completely set whites and yolks.

Serve hot or cold.

Makes 3 servings.

Scan for Egg English
Muffins recipe:



Did you know?

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Egg whites contain only half of the egg's protein, so it's important to eat the whole egg to receive all 13 grams of protein per serving.

ROASTED VEGETABLE EGGS BENEDICT WITH SALSA



3 Tbsp (45 mL) olive oil
1 red bell pepper, cut into ½-inch (1.5 cm) cubes
1 small zucchini, cut into ½-inch (1.5 cm) cubes
2 cups (500 mL) butternut squash, cut into ½-inch (1.5 cm) cubes
8-10 mushrooms, stemmed and quartered
1 small white onion, coarsely chopped
Salt & pepper to taste
8 eggs, poached
4 whole-wheat English muffins, split and toasted
½ cup (50 mL) salsa

Preheat oven to 425°F (220°C). Cover a baking sheet with non-stick foil. In a large bowl, toss vegetables in the olive oil. Spoon onto baking sheet and roast in oven 15-20 minutes or until vegetables are tender. Remove from oven and season with salt and pepper.

To assemble, set one split and toasted English muffin on each of the four plates. Top each slice with a generous serving of roasted vegetables, followed by a poached egg. Top the egg with a spoonful of your favourite salsa. Serve immediately.

Makes 4 servings



Going Green

Egg farmers like Eric and Sandra Dyck have installed solar panels to power their farm.

The Dyck Family
Springstein, Manitoba





SPICED LENTILS AND EGGS

1 cup red (250 mL) red lentils
1 cup (250 mL) yellow split peas
2 Tbsp (30 mL) canola oil
2 large shallots, diced
2 cloves garlic, minced
2 tsp (10 mL) garam masala
4 cups (1L) low sodium chicken or vegetable broth
Pinch salt and pepper to taste
½ - 1 cup (125-250mL) finely chopped cilantro leaves
4 eggs
Salt and pepper to taste
2 Tbsp (25 mL) melted butter



Rinse lentils and peas under cold water. Drain and set aside. Heat canola oil in large saucepan over medium heat. Add shallots and garlic. Cook and stir for 2-3 minutes until golden and fragrant. Add lentils, split peas and garam masala. Mix well. Add broth and stir thoroughly. Bring the mixture to a boil. Reduce heat to simmer and cover the pan. Cook 30-35 minutes until the yellow split peas are just tender. Season with salt and pepper. Stir in cilantro. Remove from heat and let mixture cool and thicken, about 10-15 minutes.

Heat oven to 350°F (180°C). Lightly grease 4 individual 1 ½ cup (375 mL) oven proof dishes. Add 1- 1 ¼ cups (250-300 mL) of lentil and pea mixture to each dish. Make a hollow in the center of the lentil and pea mixture in each dish. Crack eggs into the hollows of each dish. Sprinkle each with salt and pepper. Drizzle each egg with melted butter. Bake in oven for 18-25 minutes or until white is set and yolk is cooked to your liking.

Serve immediately with a green salad.

Makes: 4 servings

WINTER SALAD



1 small, sweet potato (about 1 ½ - 2 cups (375 – 500 mL) peeled and cubed
1-2 Tbsp (15-25 mL) canola oil
Salt and pepper to taste
4 cups (1L) baby spinach leaves
2 medium sized apples, diced
1 cup (250 mL) candied pecans
4 oz (113 g) crumbled goat cheese
½ cup (125 mL) pomegranate seeds
4 hard cooked eggs, quartered

Dressing

½ cup (125 mL) red wine vinegar
1 Tbsp (15 mL) whole grain Dijon mustard
2 Tbsp (25 mL) maple syrup
¼ tsp (1 mL) salt
¼ tsp (1mL) pepper
¾ cup canola oil

Preheat oven to 425°F (220°C). Line baking sheet with parchment paper. Place sweet potato cubes on the tray and drizzle with canola oil. Sprinkle with salt and pepper. Roast until tender, about 15 minutes. Let cool for a few minutes while assembling the salad. Layer all salad ingredients except the eggs in a large salad bowl. Layer eggs on top. Combine dressing ingredients in a jar with a lid and shake vigorously. Serve salad with dressing on the side.

Makes: 4 servings



In Manitoba, eggs travel from the farm, to the grading station, then to the grocery store within a week of being laid.

The eggs at your grocery store were produced by farming families like the Thiessens from Winkler.

The Thiessen Family
Winkler, Manitoba



Did you know?

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Studies have shown that feeding your baby whole eggs early can help prevent an egg allergy. In fact, the newest infant feeding guidelines from Health Canada, the Canadian Paediatric Society, Dietitians of Canada and the Breastfeeding Committee for Canada recommend whole eggs starting at 6 months of age, or as soon as your child starts eating solid foods.

..... **Tip:**

After introducing whole eggs, it's best to feed them to your baby regularly.



CANDIED PECANS

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1 egg white
1 Tbsp (15 mL) water
½ tsp (2 mL) vanilla (optional)
1 cup (250 mL) granulated sugar
1 tsp (5 mL) cinnamon
½ tsp (2 mL) salt
4 cups (1L) pecan halves

Preheat oven to 250°F (120°C). Line a large baking sheet with parchment paper. In a large mixing bowl, whisk together egg white with water and vanilla until very frothy. In a separate small bowl, whisk together sugar, cinnamon and salt.

Transfer pecans to egg white mixture and toss until evenly coated. Pour sugar mixture over pecans and toss until evenly coated. Transfer pecans onto baking sheet and spread into an even layer. Bake for one hour, stirring every 15 minutes. Allow to cool and then store in an airtight container. Nuts can be kept for 1 week at room temperature, 2 weeks refrigerated and up to 2 months in the freezer.

Makes: 4 cups (1L)

ANYTIME EGG AND CHEESE QUESADILLAS



4 - 6-inch (15 cm) flour tortillas
10 large eggs - 2 cups (500 mL)
1 tsp (5 mL) salt
¼ tsp (1 mL) pepper
2 Tbsp (30 mL) chopped cilantro (optional)
2 cups (500 mL) Tex-Mex grated cheese, divided
¼ cup (60 mL) unsalted butter for frying, divided

Optional Toppings

½ cup (125 mL) salsa
½ cup (125 mL) sour cream
½ cup (125 mL) guacamole

Crack the eggs into a large mixing bowl.
Whisk with salt, pepper and cilantro.

Preheat a large non-stick frying pan over medium heat with 1 Tbsp (15 mL) butter. Add ⅓ cup (80 mL) egg mixture to the pan and swirl to coat the bottom of the pan. Cook until the centre is still a bit runny and the edges are cooked.

Sprinkle ⅓ cup (80 mL) cheese on top. Place a tortilla on top of the egg mixture, allowing the egg and cheese to adhere to the tortilla. Carefully flip the egg tortilla over in the pan and sprinkle ¼ cup (50 mL) cheese over half of the tortilla.

Fold the tortilla in half, creating a half circle. Brown tortilla on both sides. Repeat with remaining tortillas. Cut into wedges and serve warm with optional toppings.

Makes 4 servings



In order to sell eggs carrying the Egg Quality Assurance™ mark, regulated egg farmers like the Siemens family must meet high standards for food safety and animal care.



The Siemens Family
Rosenort, Manitoba

ZUCCHINI BLONDIES



Cake

½ cup butter, softened
½ cup (125 mL) sugar
½ cup (125 mL) brown sugar
2 tsp (10 mL) vanilla
2 eggs
1 ¼ cups (300 mL) all-purpose flour
1 tsp (5 mL) cinnamon
½ tsp (2 mL) nutmeg
1 tsp (5 mL) baking powder
¼ tsp (1 mL) salt
1 cup (250 mL) grated zucchini
1 cup (250 mL) finely chopped pecans

Caramel Frosting

¼ cup (50 mL) butter
½ cup (125 mL) brown sugar
2 Tbsp (30 mL) milk
Pinch salt
1 tsp (5 mL) vanilla
1 ½ cups powdered sugar

Preheat oven to 350°F (180°C). Spray a 9 x 9 inch (23 cm) pan with canola spray. Line the pan with parchment paper, edges extending up the sides of the pan.

In large bowl, beat together butter, sugar and brown sugar until fluffy, about 3 minutes.

Beat in vanilla and the eggs, one at a time, until well mixed. In separate medium sized bowl, whisk together flour, cinnamon, nutmeg, baking powder and salt until combined. Fold flour mixture into creamed mixture. Fold in zucchini and nuts. Spread batter into prepared pan. Bake for 35- 45 minutes until done and a toothpick inserted into the center of the cake comes out clean. Cool cake for 10 minutes and then lift cake out of pan, using the parchment paper, transfer to a wire rack to cool completely.

For the frosting, combine butter, brown sugar, milk and salt in small saucepan. Bring to a boil over medium heat. Remove from heat and quickly whisk in the vanilla and powdered sugar until well mixed. (Work quickly as the icing will set very quickly.) Spread frosting over the cake. Allow frosting to set before slicing into bars.

Makes: About 16 bars



EGG FACTS

Did you know: white and brown shelled eggs are nutritionally the same! The eggshell colour is determined by the breed of hen.



The colour of the hen's earlobes can provide insights into the shell colour of the eggs she will lay.



WE'RE EGG FARMERS
WE LOVE WHAT WE DO®



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