

Eggs



The highest quality protein



Eggstremely Good Dip

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- ½ cup (125 mL) mayonnaise
- 2 tbsp (25 mL) lemon juice
- 2 tsp (10 mL) prepared mustard
- ½ tsp (2 mL) hot pepper sauce
- ½ tsp (2 mL) salt
- 6 hard-cooked eggs
- 1 pkg (150 g) whipped cream cheese with chives
- Parsley optional

Place mayonnaise, lemon juice, mustard, hot pepper sauce and salt in blender container. Add one egg, cover and blend well. Continue adding eggs, blending after each addition, until smooth and light. Blend in whipped cream cheese.

Spoon dip into bowl; chill. Garnish with parsley, if desired. Serve with assorted crackers, or raw vegetables.

Makes 2 cups (500 mL)

Eggs Diablo

- 12 hard-cooked eggs, peeled
- ⅔ cup (150 mL) roasted red peppers from a jar
- ¼ cup (50 mL) milk
- ¼ cup (50 mL) sour cream
- ½ tsp (2 mL) dry mustard
- ¼ tsp (1 mL) paprika
- Pinch cayenne pepper
- 2 tsp (10 mL) white wine vinegar
- 6 English muffins, toasted
- ¼ cup (50 mL) fresh chives, chopped
- 2 tbsp (25 mL) fresh dill, chopped
- Extra fresh dill for garnish

1. Separate yolks from 6 eggs and set aside. Grate the 6 egg whites and slice the remaining 6 whole eggs. Set aside.
2. In mini food processor, combine the 6 egg yolks, roasted red peppers, milk, sour cream, mustard, paprika and cayenne pepper. Process until smooth. Mix in vinegar. Set sauce aside.
3. Toast English muffins.
4. Arrange one sliced egg on both halves of each English muffin.
5. Spoon sauce over each of the 6 servings. Top with grated egg white.
6. Heat under broiler for one to two minutes.
7. Sprinkle chopped chives and dill over each serving. Serve immediately.

Makes 6 servings



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