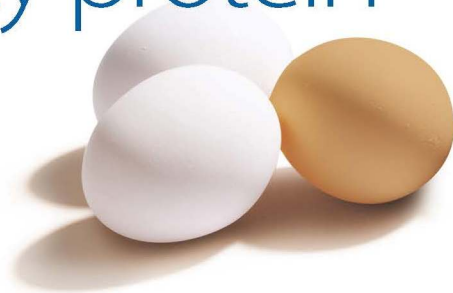


# Eggs





# 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.

## Fatal Attractions *(image on previous page)*

4 squares (120 g) unsweetened chocolate  
½ cup (125 mL) shortening  
2 cups (500 mL) sugar  
2 tsp (10 mL) vanilla  
4 eggs  
2 cups (500 mL) flour  
2 tsp (10 mL) baking powder  
1 cup (250 mL) chocolate chips  
½ cup (125 mL) icing sugar

Melt chocolate squares and shortening, but do not boil. Stir in sugar and allow to cool. Spoon mixture into a bowl, add vanilla and beat well. Add eggs, one at a time, beating well after each addition. Combine flour and baking powder; add to creamed mixture. Beat well. Fold in chocolate chips. Chill dough in the refrigerator for one hour before making into balls.

Preheat oven to 350°F (180°C). Form dough into one inch balls and roll in icing sugar until coated. Bake on greased sheets for 10 to 12 minutes.

**Makes about 5 dozen cookies.**

## Fiesta Brunch Bake

4 ½ cups (1.12 L) cooked rice  
2 cups (500 mL) grated Cheddar cheese, divided  
12 slices bacon, crisp-cooked, drained and crumbled, divided  
1 can (15 oz/425 g) tomato sauce  
½ cup (125 mL) chili sauce  
12 eggs  
12 thin rings green pepper

Stir together rice, 1¼ (310 mL) of the cheese, ½ cup (125 mL) of the crumbled bacon and the tomato and chili sauces until well combined. Press rice mixture firmly into greased 13 x 9 x 2-inch baking dish. With back of spoon, make 12 indentations about 1 ½ inches (3.5 cm) deep and 2 inches (5 cm) in diameter in rice mixture. Cover and bake in preheated 350°F (180°C) oven for 25 minutes. Remove from oven and break and slip in eggs. Press one green pepper ring around each egg. Cover and continue baking an additional 20 minutes. Remove from oven and top each egg with 1 Tbsp (15 mL) of remaining cheese and 1 tsp (5 mL) of the remaining bacon. Cover and let stand until cheese is melted, about 5 to 10 minutes. .

**Makes 6 servings**

**For nutrient analysis of these recipes visit [eggs.mb.ca](http://eggs.mb.ca)**



# Eggs

Nutritious, delicious  
and locally produced.

The eggs available in Manitoba grocery stores are produced by one of 164 regulated farm families like John and Liz Kelly of MacGregor, Manitoba.