

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.



Raspberry Meringue Bars

(image on previous page)

- 1 ½ cups (375 mL) all purpose flour
- 2 tsp (10 mL) baking powder
- ½ cup (125 mL) butter
- 2 egg yolks
- 1 cup (250 mL) raspberry jam
- 2 egg whites
- ¾ cup (175 mL) brown sugar
- 1 cup (250 mL) unsweetened coconut

For the base, mix flour and baking powder together in medium bowl. Add butter and mix to form pea size particles. Stir in egg yolks. Mix well. Transfer to an ungreased 9 X 9 inch (23 X 23 cm) pan.

Drop spoonfuls of raspberry jam over base and then carefully spread jam over the base. In a large bowl, beat egg whites until foamy. Gradually add brown sugar while beating on high. Continue beating until mixture is stiff and glossy. Stir in coconut. Spread egg white mixture over jam layer. Bake at 350°F (180°C) for approximately 30 -35 minutes. Cool on a wire rack and then cut into squares. Keep covered and refrigerated.

Makes 25 bars

Egg and Bacon Pie

- 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 of these recipes visit 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 the Brydges family of Blumenort, Manitoba.