



*I Love  
Eggs*



Few foods can compete with eggs when it comes to versatility. The recipes in this booklet demonstrate the egg's unique ability to fit into everything from appetizers to desserts.



*Compliments of  
your local Manitoba  
Egg Farmers.*

# Baked Eggs Extraordinaire

2 tbsp (30 mL) canola oil  
2 small onions, diced  
4 cloves garlic, chopped  
1/2 tsp (2 mL) red pepper flakes  
4 medium tomatoes, diced  
1/2 tsp (2 mL) oregano  
Dash (0.5 mL) of pepper  
2 tbsp (30 mL) chopped fresh dill  
2 tbsp (30 mL) chopped fresh parsley  
1 cup (250 mL) crumbled light Feta cheese  
4 eggs

Preheat oven to 425°F (220°C). In a medium saucepan, heat the oil on medium heat. Add onion and sauté until tender, about 5-7 minutes. Add garlic and red pepper flakes and sauté until fragrant, about 1 minute. Add the tomato, oregano and pepper and simmer until the sauce thickens, about 5-10 minutes. Remove from heat and mix in the fresh herbs and Feta cheese. Place mixture in an 8 x 8-inch (20 x 20 cm) pan or flan baking dish. Indent four areas of the dish with a spoon and crack the eggs into the indentations. Bake in preheated oven until the sauce is bubbly and the eggs have just set, about 12-15 minutes.

Makes 4 servings.



*Did you  
know?*



Supply Management ensures the tradition of farming can be passed down from generation to generation.



*Lemon Meringue Pie*

## Ingredients

9-inch baked pie shell  
1 1/2 cups (375 mL) sugar  
1/3 cup (75 mL) plus 1 tbsp  
(15 mL) cornstarch  
1 1/2 cups (375 mL) water  
3 egg yolks  
3 tbsp (45 mL) butter  
2 tsp (10 mL) grated lemon peel  
1/2 cup (125 mL) lemon juice

Preheat oven to 400°F (200°C).  
Combine sugar and cornstarch  
in a medium saucepan. Gradually  
stir in water. Cook over medium  
heat, stirring constantly, until  
the mixture thickens and boils.  
Boil and stir 1 minute.

In a medium bowl, slightly beat  
three egg yolks. Very gradually  
blend a small amount of hot mixture  
into egg yolks to warm them, then  
add egg mixture to remaining  
cooked mixture in saucepan. Boil  
and stir for one minute. Remove  
from heat and stir in butter, lemon  
peel, and lemon juice. Immediately  
pour into pre-baked pie shell.

## Meringue

3 egg whites  
1/4 tsp (1 mL) cream of tartar  
6 tbsp (90 mL) sugar  
1/2 tsp (2 mL) vanilla

Beat egg whites and cream of tartar  
until frothy. Beat in sugar gradually  
until mixture forms soft peaks.  
Continue beating until peaks are  
stiff and glossy. Beat in vanilla.  
Do not under-beat.

Spread meringue over the top of  
the hot pie filling, carefully sealing  
the edge of the crust to prevent  
shrinking or weeping. Bake about  
10 minutes or until a light golden  
brown. Cool gradually before  
refrigerating to prevent shrinking.

Makes 8 servings.

## The Siemens Family

Rosenort, Manitoba  
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In order to maintain Grade A quality, eggs should be kept refrigerated and consumed prior to the Best Before Date.

# Easy Peasy Brownies

1/3 cup (80 mL) butter, softened  
1/2 cup (125 mL) brown sugar  
1 1/4 cup (300 mL) Nutella, divided  
2 large eggs  
1 tsp vanilla  
3/4 cup (175 mL) all-purpose flour  
1/2 tsp (2 mL) baking powder  
1/4 tsp (1 mL) salt  
1/2 cup (125 mL) semi-sweet  
chocolate chips (optional)  
sea salt, optional garnish

Preheat oven to 350°F (180°C). Line an 8 x 8-inch (20 cm x 20 cm) baking pan with parchment paper. Using an electric mixer at high speed, cream together butter and sugar. Reduce mixing speed to medium, add eggs and vanilla.

Add 1 cup (250 ml) Nutella and salt, scraping sides of bowl to combine mixture. On low speed, combine flour and baking powder until batter is combined, do not overmix. Fold in chocolate chips (if using). Pour batter into prepared pan. Using a teaspoon, drop reserved 1/4 cup (50 mL) Nutella throughout the surface of the brownie batter. Using a knife, swirl Nutella into batter. Top with sea salt for garnish (optional). Bake at 350°F (180°C) for 25-30 minutes. Allow brownies to cool in pan on wire rack before slicing.

Serves: 12



# Curried Egg Pitas





8 eggs, beaten  
¼ cup (50 mL) finely chopped green onion  
¼ cup (50 mL) finely chopped green pepper  
1 tbsp (15 mL) canola oil  
¼ cup (50 mL) mango chutney  
2 tsp (10 mL) ginger powder  
2 tsp (10 mL) mild red curry paste  
¼ tsp (1 mL) black pepper  
¼ cup (50 mL) plain non-fat yogurt  
4 small (6-inch/15 cm) pocket-style whole-wheat pitas, halved  
1 cup (250 mL) julienne cucumber  
1 cup (250 mL) julienne carrots  
4 cups (1 L) lightly packed baby spinach, divided

Beat eggs. Stir in the green onion and green pepper until well combined. Heat oil in a large non-stick skillet over medium-heat. Pour egg mixture into pan. Cook, without stirring, for 2 minutes or until eggs are just set. Meanwhile, cut each pita in half and open the pockets. Blend mango chutney, ginger powder, curry paste and pepper with yogurt, until well combined. Inside each halved pita, spread an equal amount of sauce. Divide the cucumber, carrots, spinach and egg mixture evenly between the pockets. Serve immediately.

Makes 8 servings. (1/2 pita = 1 serving)

## The Lee Family

Holland, Manitoba  
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Complete nutrient  
analysis is available  
for each of the  
recipes in this booklet.  
Check out the recipe  
section on [eggs.mb.ca](http://eggs.mb.ca)

# Golden Canapés

½ cup (125 mL) light mayonnaise  
3 tbsp (45 mL) chives, chopped  
1 tsp (5 mL) Dijon mustard  
¼ - ½ tsp (1-2 mL) red chili flakes  
6 hard-cooked eggs, chopped  
½ cup (2 oz. /125 mL) shredded Cheddar cheese  
¼ cup (50 mL) toasted, roughly chopped pecans  
24 slices multi-grain baguette

Preheat broiler oven. In a medium bowl, stir together mayonnaise, chives, mustard and chili flakes until well blended. Gently stir in eggs, cheese and pecans. Dollop each bread slice with 1 rounded tablespoon (15 mL) of the egg mixture. Broil about 6 inches (15 cm) from heat until lightly browned and bubbly, about 1 to 2 minutes. Serve immediately.

Makes 24 appetizers.





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For more egg recipes visit [eggs.mb.ca](http://eggs.mb.ca)