



# Eggs

Nutritious, Delicious  
& Locally Produced



## Nutritious & Delicious

Eggs are a nutritious powerhouse. At about 70 calories, one egg delivers an impressive 6 grams of the highest quality protein along with a wealth of vitamins and minerals. Considered a serving of meat and alternatives in *Canada's Food Guide*, two large eggs offer a versatile and economical meal solution.

I am pleased to be part of the team that created the delicious recipes in this booklet. Each recipe was developed to provide Manitobans with nutritious and tasty menu options. We hope you'll enjoy these recipes and continue to make eggs part of your healthy lifestyle.

**Carla D'Andreamatteo, BHEc, RD**

## Locally Produced

As a member of Sunnyside Hutterite Colony, I'm proud that our farm provides locally produced eggs for Manitobans to enjoy. My family and I love eggs and, as a marathoner, I can personally attest to the lasting energy eggs provide. From our table to yours, we truly hope you'll enjoy these recipes and the wholesome goodness of eggs.

**Ed Kleinsasser**  
Manitoba Egg Farmer



Nutrition information for all recipes can be found at [www.eggs.mb.ca](http://www.eggs.mb.ca)

## Turkey Mushroom Quiche

### Crust

2 cups (500 mL) cooked whole grain brown rice, cooled  
1 egg  
Cooking spray

### Filling

1 cup (250 mL) fresh mushrooms, sliced  
½ cup (125 mL) chopped sundried tomatoes  
3 tbsp (45 mL) chopped green onion  
2-3 tsp (10 -15 mL) canola oil  
1 cup (250 mL) shredded light Swiss cheese  
1 cup (250 mL) diced cooked turkey  
3 eggs  
⅓ cup (75 mL) low-fat sour cream  
¾ cup (175 mL) low-fat milk  
¼ tsp (1 mL) salt  
1 tsp (5 mL) dried basil  
1 tsp (5 mL) dried thyme  
¼ tsp (1 mL) paprika  
Dash of pepper  
Dash of cayenne pepper

Preheat oven to 375°F (190°C). Stir together rice and one whisked egg. Liberally spray 9-inch (23 cm) pie plate with cooking spray. Press rice mixture into bottom and sides of pie plate. Set aside.

In small frying pan, sauté mushrooms, sundried tomatoes and green onion with 2-3 tsp (10-15 mL) of canola oil. Set aside. Sprinkle cheese, turkey and sautéed vegetables into rice pie crust. In a medium bowl, beat eggs until just blended, and then mix in sour cream, milk, salt, basil, thyme, paprika, pepper, and cayenne. Pour into pie shell. Bake for 35 to 40 minutes, or until a knife gently inserted near the centre comes out clean.

Makes 6 servings.

*See picture on front cover.*

## Egg & Artichoke Bites

- 1 – 12oz (355 mL) jar marinated artichoke hearts
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 4 eggs, beaten
- ¼ cup (60 mL) fine dry bread crumbs
- ⅛ tsp (0.5 mL) each pepper, oregano and Tabasco sauce
- 1 cup (250 mL) light Cheddar cheese, grated
- 1 small jar pimento, chopped (optional)
- 2 tbsp (30 mL) chopped fresh parsley

Preheat oven to 325°F (160°C). Pour ¼ cup (60 mL) of liquid from the artichoke hearts into a fry pan. Add onion and garlic and sauté on medium to high heat. Drain out the rest of liquid from the artichoke hearts, coarsely chop, and set aside. In a medium sized bowl, combine eggs, bread crumbs, pepper, oregano and Tabasco. Stir in cheese, artichokes and pimento (if using). Add onion mixture. Pour into 8 x 8-inch (20 cm x 20 cm) greased square baking pan. Sprinkle with parsley. Bake at 325°F (160°C) for 30 minutes or until lightly set. Cool and cut into 1-inch squares.

Makes 24 servings.

### *Did you know?*

*With the exception of some organic eggs, all eggs sold in Manitoba grocery stores are produced right here in our province by regulated egg farmers.*

## *Egg Drop Soup with Shitake Mushrooms*

6 cups (1.5 L) low-sodium chicken or vegetable stock  
6 shitake mushrooms, stems removed, thinly sliced  
1 tbsp (15 mL) low-sodium soy sauce  
Dash of finely ground white pepper  
½ cup (125 mL) thinly sliced green onions  
3 eggs, lightly beaten  
½ cup (125 mL) fresh baby spinach

In a medium saucepan, bring the stock to a simmer. Add mushrooms, soy sauce, white pepper and half of the green onions. Return to a low simmer and cook for 3 minutes. Stirring with a fork, gradually add the eggs in a slow, steady stream. Add the spinach. Cook until the eggs are set, stirring to create shreds or ribbons of the eggs, for about 1 minute. Remove saucepan from heat. Ladle soup into bowls and garnish with remaining onions. Serve immediately.

Makes 8 servings.

*Did you know?*

*Egg protein provides lasting energy and helps to repair body tissue.*

## Did you know?

All of an egg's vitamins and minerals are found in the egg yolk.



## Layered Egg and Pasta Salad

- 1 cup (250 mL) uncooked whole wheat pasta
- $\frac{3}{4}$  cup (175 mL) green beans
- 2 large ripe tomatoes
- 1 pkg (28 g) fresh basil leaves
- 1 can (170 g) low-sodium water packed tuna, drained
- 3 hard-cooked eggs, shelled and sliced or quartered
- Black olives to taste (optional)

### Dressing

- 6 tbsp (90 mL) extra-virgin olive oil
- 2 tbsp (30 mL) white wine vinegar or lemon juice
- 2 garlic cloves, crushed
- $\frac{1}{2}$  tsp (2 mL) Dijon mustard
- 2 tbsp (30 mL) chopped fresh basil
- $\frac{1}{4}$  tsp (1 mL) pepper

Whisk all dressing ingredients together in a small bowl. Leave to infuse while you prepare the salad.

Cook pasta in plenty of boiling water until al dente. Drain well and cool. Trim the green beans and blanch in boiling water for 3 minutes. Using a strainer, drain and refresh with cold water; set aside. Slice the tomatoes and arrange on the bottom of a serving bowl. Cover with a few basil leaves. Layer with beans, pasta, more basil leaves, and roughly flaked tuna. Arrange the eggs on top, then scatter olives (if using). Spoon dressing over salad. If desired, garnish with any remaining basil. Serve immediately.

Makes 4-6 servings.

**Tip:** You can also build the salads individually instead of in one large bowl.



## *Baked Eggs Extraordinaire*

- 2 tbsp (30 mL) canola oil
- 2 small onions, diced
- 4 cloves garlic, chopped
- ½ tsp (2 mL) red pepper flakes
- 4 medium tomatoes, diced
- ½ tsp (2 mL) oregano
- Pepper to taste
- 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 the onion and sauté until tender, about 5-7 minutes. Add the garlic and red pepper flakes and sauté until fragrant, about a 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) 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?*

*Two eggs provide one serving from the Meat & Alternatives group in Canada's Food Guide.*

## Did you know?

Eggs are low in saturated fat, contain only 70 calories, and have no trans fat.

## Power Muffins

2½ cups (625 mL) bran buds  
¼ cup (60 mL) flax  
2 cups (500 mL) milk  
1 cup (250 mL) brown sugar  
2 eggs  
¼ cup (60 mL) molasses  
1 can (398 mL) pure pumpkin  
1 cup (250 mL) all-purpose flour  
1 cup (250 mL) whole wheat flour  
2 tsp (10 mL) baking powder  
2 tsp (10 mL) baking soda  
1 tsp (5 mL) cinnamon  
Pinch of salt  
Cooking spray

Preheat oven to 350°F (175°C). Spray to coat a 12 muffin tin (or use baking cups); set aside.

In a large bowl, combine bran buds, flax and milk. Set aside for 10 minutes. Add sugar to that mixture. Add eggs one at a time, beating well after each addition. Add molasses and pumpkin. Mix together and set aside.

In a separate bowl, mix together flour, baking powder, baking soda, cinnamon and salt. Add dry ingredients to pumpkin mixture and stir until moist. Spoon into prepared muffin pan and bake for 20 to 25 minutes. Sprinkle flax seeds on top if desired.

Makes 18 servings.

**Tip:** For a delicious change of taste, add nuts, seeds or dried fruit.

## Did you know?

Two large eggs provide the recommended daily intake of vitamin B<sub>12</sub> which helps protect against heart disease.

## Ricotta Berry Tarts

### Pastry

1 cup (250 mL) all-purpose flour  
½ cup (125 mL) whole wheat flour  
1 cup (250 mL) ground almonds  
⅓ cup (75 mL) icing (confectioners') sugar  
¼ cup (60 mL) unsalted butter, chopped  
2 eggs, lightly beaten  
1 tbs (15 mL) water

### Filling

¾ cup (175 mL) ricotta cheese  
1 tsp (5 mL) vanilla  
2 eggs  
⅔ cup (150 mL) caster (superfine/berry) sugar  
½ cup (125 mL) evaporated 2% milk  
¾ cup (175 mL) raspberries  
¾ cup (175 mL) blueberries  
Icing (confectioners') sugar to dust

Sift flour into a medium sized bowl; add almonds and icing sugar. Rub the butter into the flour with your fingertips until it resembles breadcrumbs. Make a well in the centre, add the eggs and water, and mix with a fork until the mixture starts to come together. Gather the dough and put onto a lightly floured surface. Knead 3-4 times to form a ball.

Divide pastry into two balls and roll each out on a lightly floured board. Using a 3-inch (8 cm) cookie cutter or glass, cut pastry to fit into tart tins and prick the bases and sides with a fork. Refrigerate for 30 minutes. Preheat oven to 350°F (180°C). When ready, bake shells for 8 minutes.

While the shells are baking, process the ricotta, vanilla, eggs, sugar and evaporated milk in a food processor until smooth.

Place 3-4 berries in each tart. Pour filling mixture over the berries to just below edge of tart shell. Bake for 25-30 minutes, or until filling is just set - the top should be soft, but not too wobbly. Cool. Top with the remaining berries and dust with a little icing sugar and serve.

Makes 12-18 servings.

For more delicious recipes and information on eggs and egg farming, visit [eggs.mb.ca](http://eggs.mb.ca).



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WE LOVE WHAT WE DO™

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