

*Eggs
made easy*





THIS BOOKLET contains four basic egg recipes including step-by-step instructions that are easy to follow, even if you aren't an experienced cook. Rediscover the classics like French toast, pancakes and omelettes, or try the hearty, make-ahead Spinach & Ham Strata. These recipes call for ingredients that are nutritious, affordable and easily accessible from your local grocery store.

French Toast

(picture on front cover)

- 4 eggs
- 1 cup (250 mL) milk
- ½ teaspoon (2 mL) vanilla extract
- 8 slices of bread
- 1 tablespoon (15 mL) canola oil

1. In a large bowl, mix eggs, milk and vanilla.
2. Dip one slice of bread at a time into the egg mixture and let it soak for a few seconds on each side.
3. Lightly grease the skillet with 1 tablespoon of canola oil, then cook bread until golden brown on each side, 1 ½ - 2 minutes.
4. Serve hot.

Makes 8 slices

Omelette for Two

An omelette is a perfect envelope for a filling.

3 eggs

3 tablespoons of water (45 mL)

Pinch of salt

½ teaspoon (2 mL) mild herbs or spices (chives, parsley, savory, basil, coriander, cumin)

½ cup (125 mL) chopped mixed raw vegetables (carrots, celery, mushrooms, broccoli)

2 tablespoons (30 mL) canola oil

1. In a bowl, mix eggs, milk and seasonings.
2. Add 1 tablespoon of oil to skillet and cook vegetables (on medium heat) until tender crisp, set aside.
3. In the same skillet, heat 1 tablespoon of oil. Pour egg mixture into skillet.
4. As mixture sets at the edges, with spatula, gently push cooked portions towards the centre. Tilt and rotate the pan to allow uncooked egg to flow into empty spaces.
5. When egg is almost set on surface but still looks moist, cover one half of the omelette with cooked vegetables.
6. Slip spatula under the unfilled side, fold the omelette in half and slide onto a warm plate.

Serves 2





Eggstra Easy Pancakes

1 cup (250 mL) flour
1 teaspoon (5 mL) baking powder
Pinch of salt
2 eggs
1 cup (250 mL) milk
1 tablespoon (15 mL) canola oil

1. Whisk all ingredients, except the oil, until batter is smooth.
2. Preheat oil in a frying pan.
3. For each pancake, pour 2 - 4 tablespoons (30-60 mL) of batter into the frying pan and immediately rotate and tilt the pan so the batter spreads out in a thin even layer.
4. Cook pancakes until the edges are lightly browned and the top loses its wet look, flip with spatula until the underside turns brown, about one minute on each side.

Makes 6 to 8 pancakes

Spinach & Ham Strata

A strata is a layered casserole that is best prepared a day ahead of time and baked in the oven the following day.

- 6 slices of bread
- 1 package (300 g) frozen or 1 bag fresh spinach
- 1 cup (250 g) shredded Mozzarella cheese
- 3 eggs
- 1 ½ cups (375 mL) milk
- ½ teaspoon (2 mL) dry mustard powder or curry powder
- Pinch of pepper
- 1 cup (250 g) cooked ham
- 1 small onion

1. Preheat oven to 350°F (180°C).
2. Grease a 13 x 9 inch (33 x 23 cm) pan.
3. Cut bread into cubes.
4. Wash and chop fresh spinach, OR defrost frozen spinach and squeeze out extra liquid.
5. Line bottom of pan with bread cubes.
6. In a bowl, mix together eggs, milk, cheese, spices and spinach.
7. Pour mixture over bread cubes.
8. Sprinkle ham and onion over spinach mixture.
9. Cover baking dish with aluminium foil.
10. Bake for 25 minutes.
11. Remove aluminium foil and continue to bake another 30 minutes or until mixture is set.

Serves 8



Meet our farmers

In Manitoba, nearly 170 regulated egg farmers are responsible for the care of 2.3 million laying hens, which lay about 59 million dozen eggs a year. Flocks are raised in a variety of housing systems including free-run in a barn, aviary/organic, furnished and conventional housing.

Hermann Grauer produces organic eggs in an aviary housing system near Steinbach, Manitoba. Hens are given access to the outdoors and outdoor vegetation (weather permitting). Hens are able to perch, nest, dust bathe, scratch and forage.



Milton Plett raises his laying hens in a free-run barn on his farm near Arborg, Manitoba. Free-run housing gives the hens access to the entire barn floor area. Hens are able to perch, scratch and lay their eggs in nesting boxes.



John and Liz Kelly's farm is located near MacGregor, Manitoba. The Kellys have installed a brand new system of furnished housing in their laying hen barn. This type of housing provides furnishings like perches and private curtained nesting areas which enable the hens to express natural behaviours. Furnished housing combines the food safety benefits of conventional cages with the welfare benefits of open housing.



Doug Pauls, an egg farmer near Niverville, Manitoba, houses his hens in conventional cages. The small group settings in cages enable hens (particularly the timid ones) to have equal access to fresh food and water. Cage systems maximize cleanliness which impacts food safety.



For an inside view of our barns, check out the videos in the Animal Care section of www.eggs.mb.ca.

Eggs. Rich in protein for lasting energy

Eggs are one of the most affordable sources of high-quality protein. They contain all nine essential amino acids that the body cannot produce naturally.

Protein is an important part of every cell in the body. It provides building blocks for tissue growth and repair, serves as enzymes and hormones, helps the body maintain a healthy metabolism and supplies calories for lasting energy. Protein also helps fight infections and keeps body fluids in balance.

Eating protein-rich foods like eggs, helps keep you feeling full longer. This is because protein helps the body control the rate at which calories are absorbed. An egg in the morning can help curb afternoon cravings and unhealthy snacking.

Protein is found in both the egg yolk and white. Eat the whole egg to benefit from its full energy potential.



Smart Shopping

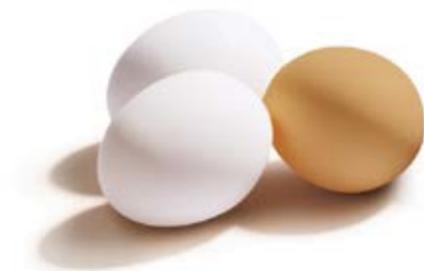
- There is a 'Best Before' date stamped on the end of each egg carton. This date indicates the length of time the eggs will maintain their Grade 'A' quality. Once the eggs have aged beyond this date, the quality of the eggs will deteriorate. Older eggs are best used in thoroughly cooked dishes like hard-cooked eggs, scrambles and omelettes.
- A Grade 'A' egg has a clean, uncracked shell, a firm yolk and a thick white (albumen), and a small air cell at the large end of the egg.
- Eggs are sized by weight. All the eggs in one carton may not be the exact same size, but they are within a specific weight range.
- There are many choices of eggs available at the egg case. Some eggs have been nutritionally enriched like omega-3 eggs or vitamin E enhanced eggs, while others have been produced by hens in different housing systems.
- Most of the eggs available in Manitoba grocery stores are produced right here in our province.

Storing Eggs

- Eggs are perishable, so they should be stored in the refrigerator, in an egg carton. The carton protects the eggs and prevents them from absorbing strong odours and flavours of other foods through the thousands of tiny pores in the shell. Keeping eggs in their carton also means the 'Best Before' date is visible.
- Eggs should not be stored on the refrigerator door, but in the main body of the refrigerator to ensure they keep a consistent, cool temperature.
- Leftover raw egg whites and yolks should be stored in airtight containers in the refrigerator. To prevent yolks from drying up, cover them with a little cold water. Drain the water before using.

All the recipes in this booklet can be included in the diet of expectant mothers with gestational diabetes.

Egg Farmers are proud to provide a variety of high-quality, nutritious eggs for Manitobans to enjoy.



For more egg recipe ideas click on the recipe section of the www.eggs.mb.ca website.



WE'RE EGG FARMERS
WE LOVE WHAT WE DO®

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