

# Eggs

Anytime





## Impossible Pie

The magic in this impossible pie happens when the flour settles to form a crust, the coconut forms the topping and the center is the egg custard filling.

3 eggs  
¼ cup (50 mL) butter  
½ cup (125 mL) flour  
1 ½ cups (325 mL) 2% milk  
½ cup (125 mL) sugar  
⅔ cup (150 mL) unsweetened shredded coconut  
2 tsp (10 mL) vanilla  
Icing sugar & fresh fruit (optional)

Place all ingredients in a blender and blend for a few seconds until combined. Pour mixture into a greased 9-inch (23 cm) pie plate. Bake at 350°F (180°C) for 60 minutes, until surface is golden brown, and center is firm. If edges brown too quickly, place a ring of foil around the edge of the pie and continue baking. If added sweetness is desired, lightly sift icing sugar over the pie once it has cooled and serve with sliced fruit (optional).

Makes one 9-inch pie, 6 servings.

# CRACK 'EM OPEN ANYTIME

Eggs are a complete protein; they contain all nine essential amino acids along with 14 vitamins and minerals.



**Manitoba  
Egg Farmers**

[eggs.mb.ca](http://eggs.mb.ca)



## Cheesy Egg & Pasta Salad

*(image on previous page)*

3 cups (750 mL) cooked spiral pasta (Fusilli)  
5 hard-cooked eggs, chopped  
1 hard-cooked egg for garnish  
½ cup (125 mL) cheddar cheese, cubed  
1 cup (250 mL) thinly sliced celery  
¾ cup (175 mL) low-fat mayonnaise  
2 tbsp (25 mL) finely chopped green onion  
½ tsp (2 mL) dry mustard  
¼ tsp (1 mL) salt  
¼ cup (50 mL) cherry tomatoes (sliced)

When Fusilli pasta is cooked, rinse with cold water, drain and set aside. Combine eggs, cheese, and celery in a large bowl; add mayonnaise, green onion, mustard and salt and toss gently. Stir in cooked Fusilli and garnish with sliced cherry tomatoes and egg slices. Chill in refrigerator.

Makes 6 servings.

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

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## Locally produced

The eggs available in Manitoba grocery stores are produced by local egg farmers like the Dyck family from Springstein, Manitoba.

Regulated egg farmers meet high standards in food safety and hen care.

