



Eggs

Natural Protein



French Toast Sandwiches

- 2 eggs
- 2 tbsp (30 mL) 1% milk
- 4 slices whole-grain bread
- 2 slices (50 g) Swiss cheese
- 2 slices of ham (or leftover thinly sliced chicken or turkey)
- 2 tbsp (30 mL) butter
- 1 tsp (5 mL) whole-grain mustard (optional)

Crack eggs into a pie plate. Add milk and beat together with a fork. Make 2 sandwiches using 1 slice of meat and 1 slice of cheese in each and add mustard if using. Dip both sides of each sandwich in egg mixture. In a large fry pan, melt butter over medium heat, rotating pan to ensure bottom is covered with butter. Add sandwiches to fry pan, cover with a lid and cook 3 - 4 minutes. Flip sandwiches over and cook another 3 - 4 minutes or until both sides are brown.

Makes 2 sandwiches.

Italian Penne Bake

(image on previous page)

- 1 lb (500 g) penne pasta
- 2 cups (500 mL) plain yogurt, divided
- 3 tbsp (45 mL) white wine vinegar
- 2 cloves garlic, minced
- 3 tbsp (45 mL) fresh basil, chopped
- 3 tbsp (45 mL) fresh oregano, chopped
- 3 tbsp (45 mL) fresh parsley, chopped
- 1 tsp (5 mL) pepper
- ½ tsp (2 mL) salt
- 2 tsp (10 mL) hot pepper sauce
- 1 tsp (5 mL) dried chili flakes
- 1 cup (250 mL) zucchini, shredded
- 1 cup (250 mL) carrots, shredded
- ½ cup (125 mL) green onions, chopped
- 1 red pepper, diced
- 3 medium tomatoes, seeded and diced
- 2 cups (500 mL) old white Cheddar cheese, shredded
- 8 eggs
- ¼ cup (50 mL) Parmesan cheese, grated

Cook pasta according to package directions. Set aside. Combine ½ cup (125 mL) yogurt, vinegar, garlic, basil, oregano, parsley, pepper, salt, pepper sauce and chili flakes. Toss gently with hot pasta. Add zucchini, carrots, onions, pepper and tomatoes. Toss until mixed and turn into a large baking dish. Sprinkle with Cheddar cheese.

Beat eggs until light and foamy. Stir in remaining 1 ½ cups (375 mL) yogurt. Pour over pasta mixture. Sprinkle with Parmesan cheese. Bake at 350°F (180°C) for about 45 minutes, or until mixture is set and golden brown.

For nutrient analysis visit eggs.mb.ca

Crack Open the Goodness

Eggs are one of nature's most nutritious foods. They are an excellent source of protein and contain 14 vitamins and minerals.



Eggs

Locally produced

The eggs available in Manitoba grocery stores are produced by egg farmers like the Lee family from Holland, Manitoba.

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