

Eggs

Anytime





Egg and Prosciutto Pitas

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4 Tbsp (60 mL) olive oil, divided
 1 Tbsp (45 mL) fresh lemon juice
 Salt and pepper
 6 six-inch (15 cm) pita breads
 1 tub (227 g) herbed cream cheese
 4 ounces (125 g) thinly sliced prosciutto
 3 cups (750 mL) baby spinach
 6 eggs

In a medium bowl, whisk together 3 Tbsp (45 mL) olive oil, lemon juice, salt and pepper until smooth. Add spinach and toss until coated. Spread each pita with a thin layer of cream cheese (approximately 1 Tbsp, 15 mL per pita). Divide the prosciutto evenly on top of each pita, and top with spinach mixture. In a large skillet, over medium-high heat, heat 1 Tbsp (15 mL) olive oil. Crack the eggs directly into the pan and cook until the egg whites are set, 2-3 minutes. Place fried egg on top of each pita.

Makes 6 pitas

Strawberry Shortcakes

Shortcakes:

2 cups (500 mL) all-purpose flour
 2 Tbsp (30 mL) granulated sugar
 2 Tbsp (30 mL) baking powder
 ½ tsp (2.5 mL) baking soda
 ¼ tsp (1.25 mL) salt
 ½ cup (125 mL) cold or frozen butter, grated
 2 eggs, beaten
 ½ cup (125 mL) 10% or 18% cream, divided
 2 Tbsp (30 mL) coarse sugar

Toppings:

2 cups (500 mL) strawberries, sliced
 2 Tbsp (30 mL) granulated sugar, divided
 1 cup (250 mL) whipping cream
 ½ tsp (2.5 mL) vanilla
 ¼ cup (60 mL) strawberry jam or preserves

In a bowl, whisk together flour, granulated sugar, baking powder, baking soda and salt. Lightly toss butter with flour mixture until combined.

Using a fork, stir beaten eggs and ½ cup (75 mL) of the cream into flour mixture to form ragged dough.

Turn dough out onto lightly floured surface; pat dough into 1-inch (2.5 cm) thick round. Cut biscuits using a 2 ¼ inch (5.5 cm) round cutter. Transfer to parchment-lined baking sheet.

Brush tops with remaining cream and sprinkle with coarse sugar. Bake in 400°F (200°C) oven for 15 to 18 minutes or until golden and flaky. Let cool completely, slice in half.

Stir strawberries with 1 Tbsp (15 mL) of the sugar.

Whip cream with vanilla and remaining sugar until stiff peaks form. Spread 1 tsp (5 mL) of the jam on bottom layer of shortcakes. Top jam layer with 1 Tbsp (15 mL) whipped cream and strawberries. Finish assembly by topping shortcake with top layer.

Makes 10 servings

For nutrient analysis visit eggs.mb.ca

CRACK 'EM OPEN ANYTIME

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



eggs.mb.ca
 f i t y p



Eggs Locally produced

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

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