

Eggs



Natural Protein



Eggs are one of nature's most nutritious foods. They are an excellent source of protein and contain 13 vitamins and minerals.

Baked Eggs Extraordinaire

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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
Dash of pepper
2 tbsp (30 mL) fresh chopped dill
2 tbsp (30 mL) fresh chopped 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) 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

Mini Double Corn Muffins

1 ½ cups (375 mL) all-purpose flour
¾ cup (175 mL) cornmeal
¼ cup (50 mL) sugar
1 tbsp (15 mL) chili powder
Dash salt
½ tsp (2 mL) baking soda
¼ tsp (1 mL) dried crushed chilies (optional)
3 eggs
2/3 cup (150 mL) buttermilk
2 tbsp (30 mL) canola oil
1 cup (250 mL) frozen corn kernels (defrosted and drained)
or 1 cob corn, grilled
¼ cup (50 mL) red pepper, chopped
¼ cup (50 mL) green pepper, chopped

Preheat oven to 375°F (190° C). In a large bowl, mix together flour, cornmeal, sugar, chili powder, salt, baking soda, and crushed chilies.

In a small bowl, mix together eggs, buttermilk, and oil; add corn and chopped peppers. Stir into flour mixture, mixing just enough to moisten all dry ingredients. Spoon the batter into 36 paper-lined or nonstick mini muffin cups. Bake for 10 to 12 minutes or until muffins are golden brown and a toothpick inserted into the centre comes out clean. Serve warm.

Makes 36 mini muffins

For nutrient analysis of these recipes visit eggs.mb.ca



Eggs
Locally produced

The eggs available in Manitoba grocery stores are produced by one of 170 regulated farm families like the Gaultier family of Notre Dame DeLourdes, Manitoba.