

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.

Lemon Coconut Squares

(image on previous page)

Crust:

2 cups (500 mL) all-purpose flour
½ cup (125 mL) icing sugar
1 cup (250 mL) butter, softened

In a medium mixing bowl blend together flour and icing sugar. Add butter and mix thoroughly. Grease bottom and sides of a 9 x 13 inch (23 x 33 cm) baking dish. Pat dough evenly into bottom of dish. Bake at 350°F (180°C) until set, about 20 to 25 minutes. Allow to cool.

Filling:

4 eggs
2 cups (500 mL) sugar
½ cup (125 mL) lemon juice
1 tbsp (15 mL) grated lemon peel (optional)
¼ cup (50 mL) flour
½ tsp (2 mL) baking powder
½ cup (125 mL) desiccated coconut

In a medium bowl beat together eggs, sugar, juice and lemon peel. Gradually add flour and baking powder, blending thoroughly. Stir in coconut. Pour over crust, spreading evenly to edges. Continue baking at 350°F (180°C) until set, about 20 to 25 minutes. Allow to cool before cutting.

Makes about 30 two-inch squares.

Quinoa Quiche

½ cup (125 mL) diced ham
1 bunch, about 6 cups (1,500 mL) kale, coarsely chopped, blanched and well drained
1 cup (250 mL) cooked white or red quinoa, or a combination
¼ cup (50 mL) parsley, chopped
1 tbsp (15 mL) canola oil
1 small onion, diced
½ red pepper, finely diced
1 clove garlic, minced
1 cup (250 mL) Swiss cheese, shredded
5 eggs
½ cup (125 mL) milk
¼ tsp (1 mL) pepper
¼ tsp (1 mL) red pepper flakes
2 tbsp (30 mL) Parmesan cheese, grated

Preheat oven to 350°F (180°C). Using well-greased individual ramekins or one 9-inch (22 cm) pie plate, layer ham, cooked kale, and quinoa. Sprinkle with parsley. Pour canola oil into a small frying pan. Sauté onion, red pepper and garlic until softened. Sprinkle vegetables over parsley and top with Swiss cheese. In a medium bowl, whisk together eggs, milk, pepper and red pepper flakes. Pour mixture over the ingredients in ramekins or pie shell. Sprinkle Parmesan cheese over top. Bake quiche until middle is set; 9-inch (22 cm) pie shell 35-40 minutes. If using individual ramekins oven time will need to be adjusted.

Makes 6-8 servings

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

Eggs
Locally produced

