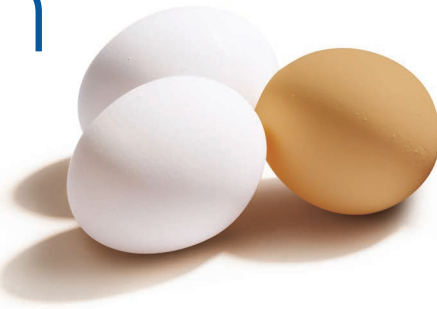


# Eggs





# Natural Protein



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



## Roasted Tomato Strata

*(image on previous page)*

4 large tomatoes cut into wedges  
½ tsp (2 mL) salt  
½ tsp (2 mL) pepper  
6 tbsp (90 mL) olive oil  
8 cups (2 L) cubed Italian bread  
2 cups (500 mL) whole milk  
6 eggs  
2 tsp (10 mL) Dijon mustard  
½ tsp (2 mL) salt  
½ tsp (2 mL) pepper  
2 green onions, chopped  
1 cup (250 mL) shredded Fontina or Provalone cheese  
1 cup (250 mL) shredded mozzarella cheese  
2 tbsp (25 mL) fresh basil, chopped  
2 tbsp (25 mL) fresh oregano, chopped  
2 tbsp (25 mL) fresh parsley, chopped

Preheat oven to 400°F (200°C). Generously grease a 2-quart (2 L) baking dish. Line 2 baking sheets with parchment paper.

In a large bowl, toss tomato wedges with salt, pepper and 3 tbsp (45 mL) olive oil. Arrange tomatoes in one layer on one of the prepared baking sheets. Roast tomatoes until browned, about 40 minutes. Remove from oven and let cool. Toss bread cubes with another 3 tbsp (45 mL) olive oil. Spread bread cubes evenly on second parchment paper lined baking sheet and bake in oven until golden brown, about 10 minutes. Let cool.

Reduce oven temperature to 350°F (180°C). In a large bowl, whisk together milk, eggs and Dijon mustard. Season with salt and pepper. Stir in green onions, cheeses, and herbs. Transfer bread cubes to baking dish and pour egg mixture over bread. Add tomatoes, pushing them down among the bread cubes and cheese mixture. Bake until firm to the touch and bread is golden brown, about 40 minutes. Serve warm.

**Makes 6-8 servings**

## Egg & Spinach Salad

½ cup (75 mL) canola oil  
1 tbsp (15 mL) sugar  
2 tbsp (25 mL) vinegar  
1 tsp (5 mL) finely grated onion  
½ tsp (2 mL) salt  
¼ tsp (1 mL) dry mustard  
1 lb (454 g) fresh spinach, washed and drained  
6 slices bacon, cooked and crumbled  
6 hard-cooked eggs, peeled and sliced

Combine oil, sugar, vinegar, onion, salt and mustard; beat until thick and syrupy and sugar is completely dissolved. Tear spinach into bite-sized pieces and place in a large salad bowl. Add bacon and sliced eggs; toss lightly. Pour dressing over salad. Chill ½ hour, then toss lightly.

**Makes 6 servings.**

*Eggs*  
Locally produced

 **Manitoba  
Egg Farmers**  
eggs.mb.ca



The eggs available in Manitoba grocery stores are produced by one of 170 regulated farm families like the Dyck family of Springstein, Manitoba.