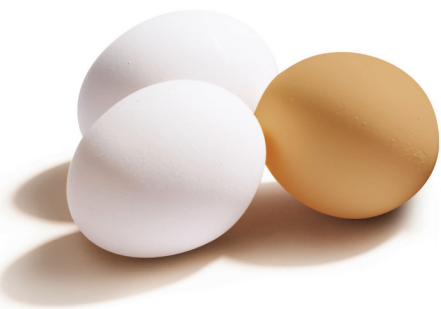


# Eggs



# Natural Protein



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



## Turkey Mushroom Quiche

(image on previous page)

### Crust

2 cups (500 mL) cooked whole-grain brown rice, cooled  
1 egg  
Cooking spray

### Filling

2-3 tsp (10-15 mL) canola oil  
1 cup (250 mL) fresh mushrooms, sliced  
½ cup (125 mL) sundried tomatoes, chopped  
3 tbsp (45 mL) green onion, chopped  
1 cup (250 mL) Swiss cheese, shredded  
1 cup (250 mL) cooked turkey, diced  
3 eggs  
⅓ cup (75 mL) low-fat sour cream  
¾ cup (175 mL) low-fat milk  
¼ tsp (1 mL) salt  
1 tsp (5 mL) dried basil  
1 tsp (5 mL) dried thyme  
¼ tsp (1 mL) paprika  
Dash of pepper  
Dash of cayenne pepper

Preheat oven to 375°F (190°C). Stir together rice and one whisked egg. Liberally spray a 9-inch (23 cm) pie plate with cooking spray. Press rice mixture into bottom and sides of pie plate. Set aside.

In small frying pan, heat 2-3 tsp (10-15 mL) canola oil over medium-high heat and sauté mushrooms, sundried tomatoes and green onion. Set aside. Sprinkle cheese, turkey and sautéed vegetables into rice pie crust. In a medium bowl, beat eggs until just blended, and then mix in sour cream, milk, salt, basil, thyme, paprika, pepper, and cayenne. Pour into pie shell. Bake for 35 to 40 minutes, or until a knife gently inserted near the centre comes out clean. **Makes 6 servings.**

## Banana Bread

Cooking spray  
¼ cup (50 mL) butter, softened  
¾ cup (175 mL) sugar  
3 eggs  
3 ripe bananas, mashed  
⅓ cup (75 mL) plain low-fat yogurt  
1 tsp (5 mL) vanilla  
1 cup (125 mL) all-purpose flour  
1 cup (125 mL) whole-wheat flour  
¾ tsp (3 mL) baking soda  
¼ tsp (1 mL) salt

Preheat oven to 350°F (175°C). Spray to coat an 8 ½ x 4 ½-inch loaf pan. In a large bowl, cream butter. Gradually add in sugar to form a smooth mixture; add the eggs, one at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until just combined.

In a separate bowl, sift together flour, baking soda and salt; add to banana mixture; stir just until moist. Spoon batter into prepared loaf pan. Bake for 1 hour or until a tooth-pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack. **Makes 1 loaf (14 slices).**

For nutrient analysis of these recipes visit [eggs.mb.ca](http://eggs.mb.ca)

*Eggs*  
Locally produced

 **Manitoba  
Egg Farmers**  
[eggs.mb.ca](http://eggs.mb.ca)



The eggs available in Manitoba grocery stores are produced by one of 170 regulated farm families like the Doerksens from Blumenort, Manitoba.

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