

Eggs



The highest quality protein



Eggs are the gold standard in protein because they contain all nine essential amino acids in the right proportion for the body.



Chorizo Breakfast Burrito

(image on previous page)

¼ lb (125 g) lb mild or spicy chorizo sausage, casing removed and thinly sliced

½ cup (125 mL) red onion, chopped

1 jalapeno pepper, seeded and finely diced

8 eggs

4 – 10 inch (25 cm) flour tortillas

1 cup (250 mL) Old Cheddar cheese, shredded (optional)

Cooking spray

1. Spray large non-stick frying pan with cooking spray.
2. Over medium heat, cook Chorizo sausage slices until nicely browned.
3. Add onion and jalapeno pepper; sauté until tender; about 5 to 7 minutes.
4. In a medium bowl, whisk eggs. Pour eggs into chorizo and onion mixture. Gently move spatula across bottom and sides of frying pan to form large, soft egg curds; cook mixture until no visible liquid egg remains.
5. Using the microwave, warm each tortilla on High (100%) for 30 seconds.
6. Spoon mixture into the middle of each tortilla and, if desired, top with one quarter of the shredded Cheddar cheese.
7. Roll up like a burrito and serve immediately.

Makes 4 servings.

Cherry Pecan Pound Cake

1 cup (250 mL) butter, softened

1 cup (250 mL) sugar

4 eggs

1 tsp (5 mL) vanilla

½ tsp (2 mL) salt

½ tsp (2 mL) almond extract

⅛ tsp (.5 mL) ground mace or nutmeg

1 ½ cups (375 mL) all-purpose flour

1 jar (6 oz/200 mL) maraschino cherries (drained and chopped)

¼ cup (50 mL) chopped pecans

In a large mixing bowl, beat together butter and sugar at medium speed until light and fluffy. Add remaining ingredients except flour, cherries and pecans. Beat until thoroughly blended. Reduce mixer speed to low and add flour ½ cup (125 mL) at a time, beating just until blended. Stir in cherries and pecans. Spread evenly in greased and floured 9 x 5 x 3-inch (23 x 13 x 7 cm) loaf pan. Bake in preheated 325°F (160°C) oven until cake tester inserted near centre comes out clean, about 60 to 70 minutes. Cool on wire rack 10 minutes. Remove from pan and cool completely.

Makes 1 loaf cake or 8 servings.



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