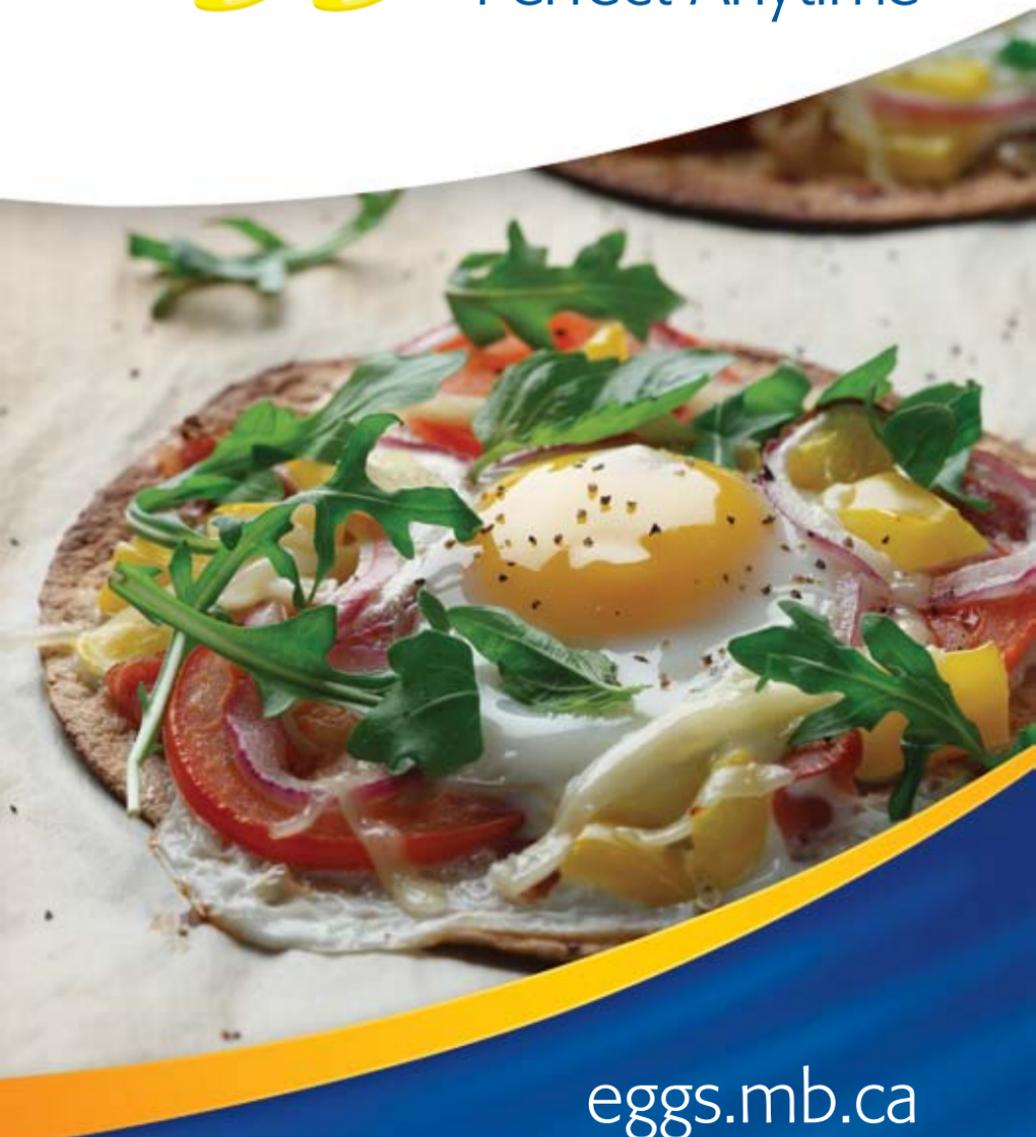


Eggs

Perfect Anytime



eggs.mb.ca

Eggs...Perfect Anytime

As one of nature's most versatile foods, eggs are a great choice for any meal occasion. So whether you're looking for a dish that's quick and easy, nutritious, or decadently delicious, visit eggs.mb.ca. This website offers over 200 recipes, includes helpful 'how to' videos, provides egg nutrition information...and more!



We're proud to provide Manitobans with the wholesome goodness of locally produced eggs.

Guenther, Rosemarie
& Theresa Hofmann

Egg Farmers, Halbstadt,
Manitoba

Egg Pizza

- 4 six-inch whole wheat wraps
- 1 tbsp (15 mL) canola oil
- 4 slices of prosciutto, sliced
- 2 medium Roma tomatoes, thinly sliced
- 1 yellow pepper, diced
- 1/3 cup (75 mL) sliced red onion
- 4 eggs
- Black pepper, to taste
- 1/4 cup (50 mL) shredded light Parmesan cheese
- 2 tbsp (30 mL) chopped fresh basil
- 2 cups (500 mL) arugula

Preheat oven to 400°F (200°C). Brush each whole wheat wrap with canola oil on one side and place onto a cookie sheet lined with parchment paper, oil side up. Layer the pizza with prosciutto, then sliced Roma tomatoes, red onions and yellow pepper. Make a small opening in the center of each pizza. Crack one egg into the centre of each pizza. Bake in oven for 10-12 minutes. Sprinkle black pepper, Parmesan cheese, basil and arugula evenly on each pizza and serve. Makes 4 servings.

See image on cover

NUTRIENT HIGHLIGHTS

This recipe provides a good source of vitamin D. Eggs are one of the few foods that contain vitamin D, important for strong teeth and bones.



Egg Salad Roll-Ups

- 6 hard-cooked eggs, finely chopped
- 1 green onion, chopped
- ¼ cup (50 mL) finely chopped celery
- ¼ cup (50 mL) finely chopped red pepper
- 2 tbsp (30 mL) chopped cilantro
- 3 tbsp (45 mL) mayonnaise
- ¼ tsp (1 mL) smoked paprika
- Black pepper, to taste
- 4 ten-inch red or green wraps

In a large bowl, mix together hard-cooked eggs, green onion, celery, red pepper, cilantro, mayonnaise, black pepper, and smoked paprika. Spread evenly on four 10-inch wraps. Roll-up and slice into rounds. Makes 32 rounds or 8 pieces per wrap.



NUTRIENT HIGHLIGHTS

This recipe is low in saturated fat (.6 g) and low in sodium (63.7 mg).



Mexican Omelette

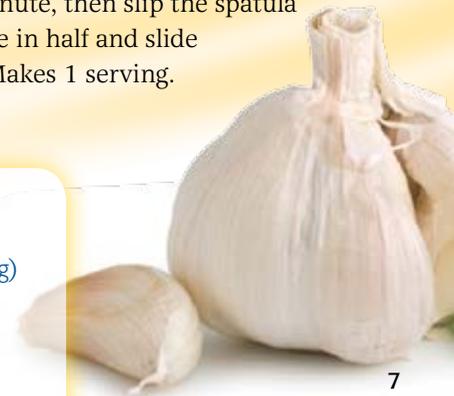
- 2 tsp (10 mL) canola oil
- 1 clove garlic, minced
- ¼ cup (50 mL) diced onion
- ¼ cup (50 mL) diced red pepper
- ¼ cup (50 mL) diced green pepper
- ¼ cup (50 mL) diced tomatoes
- ½ tsp (2 mL) chili powder
- 2 eggs
- 1 tbsp (15 mL) water
- 1 tsp (5 mL) canola oil
- 2 tbsp (30 mL) grated low-fat Old Cheddar cheese
- 1 tbsp (15 mL) chopped fresh cilantro

Heat an 8-inch (20 cm) non-stick skillet over high heat. Add canola oil and sauté garlic, onion, peppers, tomatoes and chili powder until vegetables are tender-crisp (about 1-2 minutes). Transfer to a bowl and set aside.

Beat together eggs and water in a small bowl. Heat canola oil in an 8-inch non-stick skillet, over medium high heat. Add eggs and cook. As mixture sets at edges, with spatula, gently push cooked portions toward the centre. Tilt and rotate the skillet to allow uncooked egg to flow into the empty spaces. When eggs are almost set on the surface but still look moist, cover one-half of the omelette with the vegetable mixture, cheese and cilantro. Cook for 1 more minute, then slip the spatula under the unfilled side, fold the omelette in half and slide onto a warm plate. Serve immediately. Makes 1 serving.

NUTRIENT HIGHLIGHTS

This recipe provides a source of fibre (2.5 g) and is an excellent source of vitamin A, which has been known to help maintain healthy skin and eye tissue.





Berry Clafouti



Pear Frittata



Poached Egg Salad

For more delicious recipes visit

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