

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.

Pecan Cups *(image on previous page)*

Shells:

- 1 cup (250 mL) butter
- 1-8 oz package (250 g) cream cheese
- 2 cups (500 mL) flour

Filling:

- 2 eggs
- 1 ½ cups (375 mL) brown sugar
- 2 tbsp (25 mL) butter, melted
- 1 ½ cups (375 mL) pecans, chopped
- ½ tsp (2 mL) vanilla

To make shells, beat butter and cream cheese until fluffy. Add flour and continue to mix. Put dough in refrigerator until firm to handle. After chilling, form dough into little balls and press into bottom and sides of small, lightly greased tart tins.

To make filling, beat eggs and add all remaining ingredients and spoon into shells. Bake at 350°F (180°C) for 30 minutes.

Makes 48 two-inch (5 cm) diameter tarts.

Ham & Asparagus Strata

10 slices white bread (crusts removed), cut into 1 inch (2.5 cm) cubes

- 1 ½ cups (375 mL) ham, diced
- 3 cups (about 1¼ lb/750 g) asparagus, chopped
- ½ sweet red pepper, chopped
- 2 cups (500 mL) Old Cheddar cheese, shredded
- 6 eggs
- 3 cups (750 mL) 2% milk
- 3 green onions, chopped
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) pepper
- 1 tsp (5 mL) Worcestershire sauce
- 2 tbsp (25 mL) Dijon mustard
- Pinch of cayenne pepper

Blanch asparagus in a saucepan of boiling water for 2 minutes; drain and refresh under cold water. Reserve ½ cup (125 mL) tips for garnish.

Grease a 9 x 13 inch (23 cm x 33 cm) baking dish. Layer one-third each of the bread cubes, ham, asparagus, red pepper and cheese in the baking dish; repeat to make two more layers.

Beat eggs with milk, onion, salt, pepper, Worcestershire sauce, mustard, and pinch of cayenne. Pour over strata. Cover and refrigerate at least 3 hours or overnight. Bake at 350°F (180°C) uncovered for 60 – 70 minutes, or until centre is set.

Makes 10 servings



Where do your eggs come from?
Visit eggs.mb.ca



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WE LOVE WHAT WE DO®