

# Welcome to the Saskatchewan Egg Producers Egg-zine;

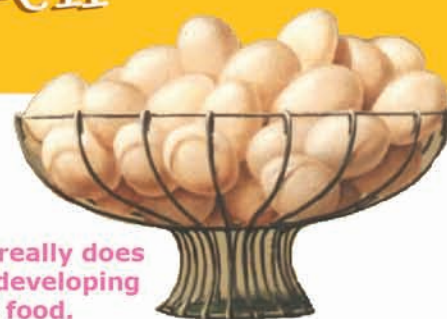
A source for nutritional information, meal preparation ideas, egg facts and lots and lots of recipes.

This issue brings creative Back to School ideas for fun, healthy lunches and quick dinners – all with powerful, protein-packed eggs to fuel the body & the brain.

Saskatchewan Egg Producers Newsletter Volume 2 issue 1

## Bring food out of its shell

### Back to School Brain Boost



#### Honey Dijon Egg Salad



Evidence suggests that eating breakfast really does help kids learn. After fasting all night, a developing body (and brain) needs a fresh supply of food. Children who eat a healthy breakfast have an increased level of concentration and improved attention span.

**A zesty twist on a traditional favourite**

**Less than 10 minutes from prep to finish.**

#### Ingredients:

6 Hard cooked Eggs, coarsely chopped  
2 tbsp mayonnaise, light mayo, or yogurt (30 mL)  
¼ cup chopped green onions (50mL)  
2 tsp Dijon Mustard (10 mL)  
¾ cup chopped dill pickles (175 mL)  
Garlic powder, salt and hot pepper sauce to taste  
4 slices ham  
8 slices whole wheat or rye bread or 2 whole wheat Pitas cut in half.

#### Method:

In a bowl, combine first 5 ingredients and mix. Place a slice of ham on each of 4 slices of bread. Divide egg salad mixture between sandwiches and spread on top of the ham. Top with remaining slices of bread.

Serve immediately or wrap in plastic wrap and refrigerate until serving time. (4 servings)

#### Zippy Devilled Eggs

**...you loved these at Agribition last year**

**Prep time to finish 12 minutes**

#### Ingredients:

12 hard-cooked eggs, peeled  
1/3 cup light mayonnaise (75 mL)  
3 tbsp chilli sauce (45 mL)  
1 tsp Dijon-style mustard (5 mL)  
¼ tsp hot pepper sauce (1 mL)  
snipped chives or paprika

#### Method:

Slice eggs in half lengthwise; remove yolks and set whites aside. Mash yolks in a bowl. Stir in the mayo, chili sauce, mustard, and hot pepper sauce.

Spoon or pipe mixture back into cooked egg white halves and sprinkle with chives or paprika.

Refrigerate until serving.  
(24 servings)



Did you know...a slightly older egg makes a better hard-cooked egg as larger air bubbles inside the egg grow with time making it easier to peel.

How long can you keep hard cooked eggs?  
In the shell or peeled, hard cooked eggs can be kept for one week in a covered container in the refrigerator.

# An Egg Shell cocktail for your plants:

Crush your egg shells and add to a jug of water. Let the jug sit for several days and then give it a good shake. Your perennials and bedding plants will love the nutrient boost of calcium when you water with this mix. Or... crush the shells and add to your compost bin.

Yolk  
of the  
day

What do chickens grow on?  
Eggplants!

Can't tell if an egg is fresh?

Place the egg in a glass of water. A fresh egg drops to the bottom while an older egg rises to the surface because the small bubbles of air inside all eggs grow larger with time.

## Cheddary Shepherds Pie



**A meal in itself.**

**Prep time to finish 30 minutes**

### Ingredients:

4 small potatoes, peeled  
2 cups frozen or canned kernel corn, drained (optional) (500 mL)  
4 Eggs  
¾ cup milk (175 mL)  
1 tbsp vegetable oil (15 mL)  
1 medium onion, chopped  
1 clove garlic, minced  
¾ lb medium-lean ground beef (375 g)  
Salt, pepper and paprika, to taste  
1 cup shredded old cheddar cheese (250 mL)

### Method:

Cut potatoes into ½ inch (1.5 cm) pieces and cook in salted boiling water until tender, about 10 minutes. Add corn 3 minutes before the end of cooking. Drain. Beat together eggs and milk just until blended. Season to taste with salt and pepper. Heat oil in medium non-stick skillet over medium heat and add onion and garlic; sauté for 3 minutes. Add ground beef and cook until browned, about 5 minutes. Drain fat & season with salt and pepper.

Spoon meat into 8-inch (20 cm) square baking dish. Place vegetables on top. Wipe out skillet and pour in egg and milk mixture. Add ½ cup (125mL) cheese. Cook over medium-low heat, stirring constantly until mixture is medium thick. Immediately pour over vegetables. Sprinkle with remaining cheese and paprika.

Bake in a 350 degrees F (180 degrees C) oven for 10 to 15 minutes or until eggs are set.

Serve with rolls and a salad.

(4 to 5 servings)

### Eggs and Brain Power:

Eggs give kids the highest quality protein, which provides the building blocks they need to grow and the energy they need to stay focused throughout the day.

Tip

Egg yolks are full of Vitamin A, which keeps your skin soft and healthy.

Filled with important vitamins & minerals and only 70 calories, a large egg is a dieter's dream

**Nutrition information courtesy of Egg Farmers of Canada**



We welcome your input. Please send ideas, comments or favourite recipes to [info@saskegg.ca](mailto:info@saskegg.ca)

The Saskatchewan Egg Producers

The Saskatchewan Egg Producers • P.O. Box 1263 • 496 Hoffer Drive • Regina, Saskatchewan • S4P 3B8  
Ph: (306) 924-1505 • Fax: (306) 924-1515 • E-mail: [sep@saskegg.ca](mailto:sep@saskegg.ca)

# Egg Storage:

Put eggs in the refrigerator as soon as possible after buying them, especially in summer but don't put them in the refrigerator door. Keep them in their carton and store in the main part of your refrigerator to ensure a constantly cooler temperature. Eggs kept in their carton are also less likely to absorb smells and food flavours and you can keep track of the 'best before' date too.

## Eggs for your Eyes...

Eggs provide small amounts of lutein and zeaxanthin (zee-uh-ZAN-thin), two nutrients which are part of the carotenoid family (like beta-carotene in carrots) that contribute to eye health and help prevent common causes of age-related blindness. Research suggests that lutein from eggs may be more bioavailable, meaning more easily absorbed by the body, than lutein from richer sources.

### Lemon Bars

**Tangy lemon on a shortbread crust.**



**Prep time to finish 60 minutes**

#### Ingredients:

##### Shortbread Base:

2 ½ cups flour (625 mL)  
1 ¼ cups butter (310 mL)  
¾ cup icing sugar (175 mL)

##### Lemon Topping:

5 eggs  
2 ½ cups sugar (125 mL)  
1 tsp grated lemon rind (5 mL)  
1/3 cup flour (75 mL)  
¼ tsp baking powder 1 mL  
Pinch of salt  
Icing sugar for dusting

#### Method:

##### Base:

Combine flour and sugar and cut in the butter until the mixture resembles coarse crumbs. Press into a 11 X 17" (28 X 43 cm) jelly roll pan.

Bake at 350 degrees F (180 degrees C) for 15 to 20 minutes and let cool.

#### Topping:

Beat the eggs, sugar, lemon rind and juice, flour, baking powder and salt with an electric mixer.

Pour over the cooled crust. Bake at 350 degrees F (180 degrees C) for 25 minutes. While hot, dust with icing sugar and cut into small squares.

(36 to 48 pieces)

#### A fresh Egg...

A cloudy egg white is a sign of freshness, not age: The cloudiness is the result of the high carbon dioxide content when the egg is laid.

**Tip**

For more great Egg recipes, or to subscribe to this newsletter Go to:

[www.saskegg.ca](http://www.saskegg.ca)

**Nutrition information courtesy of Egg Farmers of Canada**



**We welcome your input. Please send ideas, comments or favourite recipes to [info@saskegg.ca](mailto:info@saskegg.ca)**

The Saskatchewan Egg Producers

The Saskatchewan Egg Producers • P.O. Box 1263 • 496 Hoffer Drive • Regina, Saskatchewan • S4P 3B8  
Ph: (306) 924-1505 • Fax: (306) 924-1515 • E-mail: [sep@saskegg.ca](mailto:sep@saskegg.ca)