

Welcome to the Saskatchewan Egg Producers Egg-Zine;

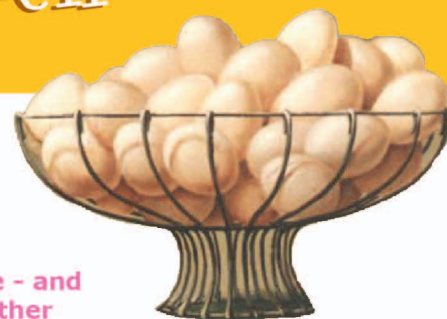
A source for nutritional information, meal preparation ideas, egg facts and lots and lots of recipes.

This issue it's all about breakfast and the nutritional value that even a quick one can pack with energy and fabulous protein to fuel your body and your brain.

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Bring food out of its shell

Here's to Fast and Easy



Zesty Ham and Eggs – QUICK



Protein is evaluated according to its effectiveness in building new body tissue - and the protein found in eggs surpasses all other foods with a rating of 93.7 %!

Cream cheese silkiness with spicy salsa gives this just the kick to wake up your morning.

Less than 10 minutes from prep to finish.

Ingredients:

4 Eggs
2 tbsp cream cheese,
softened, cut into pieces (30 ml)
4 thin slices ham, cut into strips
2 tbsp Salsa (30 ml)

Method:

Use cooking spray or butter to grease 2 coffee mugs. (Or dress it up for dinner and bake in custard cups and turn them out onto your dinner plate to serve with a salad)
Gently whisk eggs until very frothy. Add cream cheese and season with salt and pepper.
Beat lightly with a fork then add ham.
Divide mixture between the cups.
Microwave about 4 to 6 minutes until firm.
Top each with salsa and enjoy. (2 servings)

Crunchy Crusty Egg Express

The crispy Cornflakes and gooey cheese create a crunchy, chewy crust.

Prep time to finish 8 minutes

Ingredients:

4 Eggs
1 cup shredded extra-old cheddar cheese (250 ml)
1 cup crushed corn flakes (250 ml)
2 tbsp melted butter (30 ml)
Shredded extra cheese for garnish

Method:

Combine cheese, corn flakes and melted butter. Spray 4 custard cups or use 4 spots in a small microwaveable muffin pan.

Place ¼ of the mixture into each cup pushing it out to the bottom and sides to make a nest. Crack 1 egg in each nest. Pierce the egg yolk with a toothpick or fork to prevent exploding during cooking. Cover with a paper towel. Microwave for 5 minutes on medium (50%) power.

Sprinkle with additional cheese and let stand for 3 or 4 minutes. Careful, the crust can be quite hot. (4 servings)



Protein is comprised of 23 different amino acids, 9 of which cannot be produced by your body. These amino acids are essential and must be provided by your diet. Eggs contain all 9 essential amino acids, which are valuable building blocks of protein. One large egg contains 6 grams of protein and only 70 calories, which makes eggs a great addition to a well-balanced diet

Tempering Eggs

When eggs or egg yolks are added, all at one time, to a hot mixture, they may begin to coagulate too rapidly and form lumps. Stir a small amount of the hot mixture into the yolks to warm them and then stir the warmed egg yolk mixture into the remaining hot mixture. This is called tempering.

yolk
of the
day

Why can't you tease egg whites?
They can't take a yolk.

What happens when you tell an egg a joke?
It cracks up!

Knock, knock. Who's there? Omelette. Omelette who?
Omelette smarter than I look.

EASY Baked Cinnamon French Toast



Your kitchen will smell wonderful and best of all it can be prepared the night before for an easy start to your day.

Prep time 10 min, baking 30 min.

Ingredients:

6 slices bread (white, whole grain or raisin)
1 tsp ground cinnamon (5ml)
3 eggs
½ cup milk (125 ml)
½ cup maple or table syrup (125 ml)
2 tbsp butter or margarine, melted (30 ml)
1 tsp vanilla extract (5 ml)
Fruit for garnish as you choose

Method:

Grease a 13 X 9 inch (3.5 L) baking dish. Arrange bread slices in a single layer. Sprinkle with cinnamon. Beat eggs with milk, syrup, butter and vanilla until just blended. Pour over bread and bake immediately OR...cover and refrigerate overnight.

Preheat oven to 350 F (180 C).
Bake uncovered about 30 min. until firm to the touch.

Serve hot garnished with fruit and additional syrup.
(6 servings)

Cheesy Breakfast in a Jiffy

So easy the kids can do it.

Prep to finish 6 minutes

Ingredients:

2 eggs
2 tbsp milk (30 ml)
pinch of dried basil or Italian seasoning
2 tbsp shredded Cheddar or your favorite cheese (30 ml)
optional: ½ tsp chopped parsley or green onion (2 ml)

Method:

Beat all the ingredients in a microwaveable mug. Cover mug loosely with plastic wrap and microwave for 1-1 ½ minutes on high. Lift plastic, stir, cover again and let stand 1 more minute.

Enjoy it right from the mug or if you're tight for time spoon the mixture into pita pockets or onto whole wheat bread, roll it up and take it with. (1 serving)

For variety add 2 tbsp. chopped cooked vegetables from last night's leftovers to the egg mixture before cooking



Tip

Do you need hard-cooked eggs in a hurry for a salad? Crack the eggs into a poacher and cook them until they're done as desired. Immerse in cold water for rapid cooling. Same taste with no peeling.

Nutrition information courtesy of Canadian Egg Marketing Agency



The Saskatchewan Egg Producers



We welcome your input. Please send ideas, comments or favourite recipes to aprice@accesscomm.ca

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