

sunny egg face

SERVES
4
Preparation: 10 min.
Cooking: 10 min.

Nutrients per serving:
Calories: 220
Fat: 17 g
Saturated: 5 g
Sodium: 290 mg
Carbohydrate: 8 g
Fibre: 2 g
Sugars: 2 g
Protein: 12 g



5	eggs	5
1 tbsp	milk	15 mL
	Salt and pepper, to taste	
2 tbsp	butter or margarine	30 mL
6	cherry tomatoes, sliced	6
1	small red or green pepper, cut into strips	1
1/4 cup	sliced black olives	50 mL
1/2 cup	shredded Cheddar or Mozzarella cheese	125 mL
2 tsp	chopped fresh parsley	10 mL
	Ketchup	

Whisk together eggs, milk, salt and pepper, to taste. **Melt** butter or margarine in a 10-inch (25 cm) skillet, over medium-low heat. **Pour** in egg mixture; cover and cook, without stirring, for 5 to 10 minutes or until just set. **Slide** omelette out onto a cutting board; let cool for a few minutes. Meanwhile, place tomatoes, red or green pepper, olives, cheese and parsley in separate bowls. Using a large round cookie cutter, cut 4 "faces" out of the omelette. **Decorate** egg faces using the veggies, cheese and ketchup.



cinnamon snail cookies

MAKES
35-40
Preparation: 35 min.
Cooking: 13 min.

Nutrients per serving: (2 cookies)

Calories: 230
Fat: 9 g
Saturated: 1 g
Sodium: 35 mg
Carbohydrate: 34 g
Fibre: less than 1 g
Sugars: 18 g
Protein: 3 g



3 1/4 cups	all-purpose flour	800 mL
2 tbsp	ground cinnamon, divided	30 mL
2 tsp	baking powder	10 mL
1/2 tsp	ground ginger	2 mL
1/2 tsp	ground nutmeg	2 mL
3	eggs	3
3/4 cup	vegetable oil	175 mL
1 tsp	pure vanilla extract	5 mL
1 3/4 cups	granulated sugar, divided	425 mL
	All-purpose flour for dusting	

Preheat oven to 375°F (190°C). Place flour, 2 tsp (10 mL) cinnamon, baking powder, ginger and nutmeg in a bowl; stir until well combined. **Whisk** together eggs, oil, vanilla and 1 cup (250 mL) of the sugar in another bowl. **Stir** dry ingredients into wet ingredients to form soft dough. In a shallow bowl or pie plate, combine remaining sugar and cinnamon. **Roll** spoonfuls (about 1 tbsp/15 mL) of dough into a 5-inch (12.5 cm) pencil shape on a flour-dusted surface. Roll dough in cinnamon sugar, then roll up in a spiral shape to form a snail leaving about a 1 1/2-inch (4 cm) straight section for the neck and head. Place on parchment-lined baking sheets, at least 1 1/2-inch (4 cm) apart. **Bake** one sheet at a time about 12 to 14 minutes.



egg salad sliders

SERVES
4
Preparation: 20 min.

Nutrients per serving:

Calories: 410
Fat: 22 g
Saturated: 9 g
Sodium: 720 mg
Carbohydrate: 36 g
Fibre: 4 g
Sugars: 10 g
Protein: 20 g



5	hard-cooked eggs, chopped	5
1	stalk celery, finely diced	1
2 tbsp	mayonnaise	30 mL
	Salt and pepper, to taste	
4	carrots, peeled	4
2	curly lettuce leaves	2
8	mini burger buns or small dinner rolls, split	8
4	1 1/2-inch (4 cm) square slices Cheddar cheese	4
2	small Roma tomatoes, sliced	2
1	dill pickle, sliced into coins	1
2 tbsp	ketchup (optional)	30 mL
2 tbsp	pickle relish (optional)	30 mL

Combine eggs, celery, mayonnaise, salt and pepper, to taste and mix well. Using a crinkle cutter (if you have one) or a knife, cut carrots into 2 x 1/4-inch (5 x 0.5 cm) "fries", set aside. Place a small piece of lettuce on each bun bottom and then top with egg salad, dividing it equally between the 8 buns. **Top** egg salad with a slice of Cheddar cheese, tomato and pickle. **Top** with remaining bun half to form a burger. Serve with carrot "fries" and small bowls of ketchup and relish, if desired.



tomato and egg tostadas

SERVES
4
Preparation: 15 min.
Cooking: 10 min.

Nutrients per serving:
Calories: 350
Fat: 23 g
Saturated: 7 g
Sodium: 570 mg
Carbohydrate: 25 g
Fibre: 2 g
Sugars: 1 g
Protein: 13 g



4	eggs	4
1/4 cup	milk	50 mL
	Salt and pepper, to taste	
2 tbsp	butter or margarine	30 mL
1	large tomato, diced	1
1/4 cup	each, diced red and orange peppers	50 mL
1 tsp	chili powder (optional)	5 mL
8	tostada shells*	8
1/2 cup	shredded Cheddar cheese	125 mL
1/2 cup	chunky salsa	125 mL
1/2 cup	shredded lettuce	125 mL

Whisk together eggs, milk, salt and pepper, to taste; set aside. **Melt** butter or margarine in a skillet over medium heat. **Add** tomato, peppers and chili powder (if using) and sauté until peppers are tender, about 5 minutes. **Pour** egg mixture into the skillet and cook, stirring gently, until eggs are just set, about 5 minutes. Divide egg mixture equally over the tostada shells. Place cheese, salsa and shredded lettuce in separate bowls so that kids can customize their meal by adding the toppings they like.

* Tostada shells are sold in the grocery aisle with the Mexican foods. If you cannot find tostada shells, use taco shells instead.



peach stuffed french toast sticks

SERVES
4
Preparation: 15 min.
Cooking: 15 min.

Nutrients per serving:

Calories: 400
Fat: 13 g
Saturated: 5 g
Sodium: 590 mg
Carbohydrate: 54 g
Fibre: 5 g
Sugars: 22 g
Protein: 20 g



5	eggs	5
1/4 cup	milk	50 mL
2 tbsp	pure maple syrup, divided (or table syrup)	30 mL
1/2 cup	light cream cheese, softened	125 mL
1/2 cup	drained canned peaches, finely chopped	125 mL
1/2 tsp	ground cinnamon (optional)	2 mL
8	slices whole wheat bread	8
	Butter or margarine for frying	
	Maple Cream	
1/2 cup	light sour cream	125 mL
4 tsp	pure maple syrup, divided (or table syrup)	40 mL

Whisk together eggs, milk and maple syrup in a large bowl; set aside. **Combine** cream cheese, peaches and cinnamon (if using) in another bowl. **Stack** 4 slices of bread on top of each other, and cut lengthwise into thirds to form 12 sticks. Repeat with remaining 4 slices of bread. Carefully spread cream cheese filling down the centre of 12 sticks leaving a thin border bare around each stick. Press remaining 12 sticks onto cream cheese filling. **Melt** a thin layer of butter or margarine in a skillet over medium-low heat. Working in batches, dip each stick into the egg mixture, coating all sides of the stick and allowing a bit of the mixture to soak in just before cooking. **Transfer** the sticks to the skillet and cook each side until golden brown. Serve with a dollop of maple cream for dipping.

Maple Cream:
In a small bowl, combine sour cream and maple syrup.



funny egg fish

SERVES
4
Preparation: 10 min.
Cooking: 20 min.

Nutrients per serving:

Calories: 140
Fat: 10 g
Saturated: 2.5 g
Sodium: 220 mg
Carbohydrate: 7 g
Fibre: 1 g
Sugars: 2 g
Protein: 7 g



4	hard-cooked eggs, peeled	4
1	small red sweet pepper	1
4	radishes, very thinly sliced	4
1	mini cucumber, very thinly sliced	1
1/4 cup	light mayonnaise	50 mL
1/4 cup	black olives	50 mL
1/2 cup	shredded lettuce	125 mL

To make fish, cut a small slice off one long side of each egg so that it will sit flat. Place egg on a plate, flat side down. **Cut** eight 1-inch (2.5 cm) V shapes from red pepper to make tails. **Cut** the radish and cucumber slices into halves or quarters to resemble scales. Using mayonnaise as glue, place the cucumber and radish scales on the egg, covering the back two-thirds and leaving space on the narrow end for the face. **Cut** tiny cubes from black olives to make eyes and place on the face. **Cut** a slit into the opposite end of the egg and insert a red pepper tail. Surround with shredded lettuce for seaweed.

BASIC METHOD FOR HARD-COOKED EGGS: Place cold eggs in a single layer in a saucepan. Cover with at least 1-inch (2.5 cm) cold water over top of the eggs. Cover saucepan and bring quickly to a boil over a high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 18 to 23 minutes. Drain water and immediately run cold water over eggs until cooled.



EGGS: ALL IN

good fun

Mom's guide
to making mealtime
fun for kids

It's okay to play with your eggs

Serve up smiles with the great taste of eggs. Get your kids excited to try new foods by inviting them to be part of the action. These six recipes and the goodness of eggs will definitely boost the fun factor in your kitchen. Turn mealtimes into family fun time with eggs!



Visit eggs.ca to sign up for nutritious and delicious recipes delivered right to your inbox!

Nutrition Facts	
Per 1 large egg (53 g)	
Amount	% Daily Value
Calories 70	
Fat 5 g	8 %
Saturated 1.5 g	8 %
+ trans 0 g	
Cholesterol 195 mg	
Sodium 65 mg	3 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 6 g	
Vitamin A 10 %	Vitamin C 0 %
Calcium 2 %	Iron 6 %
Vitamin D 15 %	Vitamin E 15 %
Riboflavin 15 %	Niacin 8 %
Vitamin B12 50 %	Folate 15 %

For more information, contact:

British Columbia Egg Marketing Board
www.bcegg.com

Alberta Egg Producers
www.eggs.ab.ca

Saskatchewan Egg Producers
www.saskegg.ca

Manitoba Egg Farmers
www.eggs.mb.ca

Egg Farmers of Ontario
www.getcracking.ca

Fédération des producteurs d'œufs de consommation du Québec
www.oeuf.ca

New Brunswick Egg Producers
www.nbeegg.ca

Nova Scotia Egg Producers
www.nsegg.ca

Egg Producers of Prince Edward Island
www.eggspei.ca

Egg Producers of Newfoundland and Labrador
www.nleggs.ca

Egg Farmers of Canada
www.eggs.ca

Kids Recipes 2009



Eggs are a healthy part of a balanced diet. That's why both the Heart and Stroke Foundation's Health Check™ program and *Canada's Food Guide* include eggs as part of a healthy lifestyle.

¹ Minnesota Department of Children, Families and Learning. School breakfast programs energize the classroom 1998.
[†] The Heart and Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org.



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