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Inside

farm fresh

A close-up photograph of a white plate filled with grilled peach halves. The peaches are charred with black grill marks and topped with a pat of melting butter and a sprinkle of pecans. A glass of iced tea with a wooden stirrer is visible in the background. The plate is set on a red and white striped cloth.

RECIPE IDEAS FROM BURNBRAE FARMS



Eggs for LifeTM

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BURNBRAE FARMS has been in my family since 1891, when my great grandfather came here from Scotland. We are proud to be a 5th generation family-run Canadian company with locations across Canada. We are committed to

producing and marketing convenient and healthy eggs and egg products that can be enjoyed by everyone.

Eggs are an important part of my family's daily routine; we love the versatility and nutrition they provide, and there is no better way to get the protein we need!



These great tasting egg recipes are some of our favourites and we hope they become yours too. Enjoy!

Margaret Hudson

Margaret Hudson, President, Burnbrae Farms





Easy Wonton Quiche Bites

This recipe is easily scaled and you can mix and match the fillings to create a variety of appetizer bites.
PREP TIME: 5 minutes **COOK TIME:** 13 minutes **MAKES:** 24 bites

INGREDIENTS

- 24 square wonton wrappers
- 1 cup **EGG Creations!** Fat Free Garden Vegetable, well shaken
- ¼ cup 18% table cream
- ¼ tsp pepper
- ½ cup 'Savoury Filling' such as cooked broccoli, sautéed mushrooms, crumbled taco beef, cooked sausage, diced ham, roasted red peppers etc.
- ½ cup grated or crumbled cheese such as Cheddar, Swiss, mozzarella, feta, goat or Parmesan

4. Bake, on lowest rack, for 13 to 15 minutes or until golden and set. (Bites can be made ahead. To reheat, arrange bites on a parchment lined baking sheet and heat at 350°F (180°C) for 8 minutes or just until wonton is re-crisped and filling is warmed through.)

Tip: Garnish bites by adding toppings such as sliced green onion, halved grape tomatoes, pickled jalapeño rings, sliced olives or chopped fresh herbs just before baking.

DIRECTIONS

1. Preheat oven to 375°F (190°C). Coat a 24-cup mini muffin pan with cooking spray. Gently press a wonton wrapper into each cup letting edges extend above.
2. Whisk liquid eggs with cream and pepper; reserve.
3. Divide chosen 'Savoury Filling' ingredient and cheese between wonton cups (about 1 scant teaspoon each). Spoon a scant tablespoon of egg mixture into each cup. (Be careful not to overfill or cups will stick.)

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For more recipe ideas, visit: burnbraefarms.com/recipes




Curried Sweet Potato Latkes

Garnish these Indian-spiced potato pancakes with sweet mango chutney and a dollop of yogurt!

PREP TIME: 15 minutes COOK TIME: 18 minutes MAKES: 14 large latkes

INGREDIENTS

- 1 cup  Omega Plus™, well shaken
- ¼ cup all purpose flour or matzo meal
- 1 tsp mild Indian curry paste (or more to taste)
- 1 tsp finely grated lime zest
- ½ tsp salt
- ¼ tsp pepper
- ½ cup lightly packed cilantro leaves, chopped
- 3 sweet potatoes (about 2 lb/1 kg), peeled
- 1 medium onion
- 2 tbsp vegetable oil (approx.)
- plain yogurt, sour cream, or sweet mango chutney (optional)
- chopped chives or green onions (optional)

DIRECTIONS

1. Whisk eggs with flour, curry paste, lime zest, salt and pepper. Stir in cilantro. Coarsely grate potatoes and onion using a food processor or box grater; stir into egg mixture.

2. Heat half the oil in large nonstick skillet or griddle set over medium-high heat. Drop portions of potato mixture onto hot skillet. (Use ½ cup mixture for large latkes, ¼ cup mixture for small latkes and 1 tbsp for cocktail-sized latkes.)

3. Cook for 2 to 3 minutes or until golden brown on bottom. Turn and cook for 3 minutes longer or until crisp and cooked through. Place on paper towel to drain. Repeat with remaining potato mixture, adding more oil as needed. Serve hot with yogurt and chopped chives.

Tip: Let cooked latkes stand at room temperature for up to 4 hours. Reheat on a baking sheet at 400°F (200°C) about 5 minutes or until heated through.

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Spanish Scramble Skillet

This unique Latin-inspired twist on fried rice with eggs makes for a hearty entrée.

PREP TIME: 5 minutes COOK TIME: 25 minutes MAKES: 4 servings

INGREDIENTS

- 4 tsp olive oil, divided
- ½ cup each diced Spanish chorizo, onion and red pepper
- 1 cup long grain, parboiled white rice
- 1 clove garlic, minced
- ½ tsp smoked or sweet paprika
- 2 cups sodium-reduced chicken broth
- 1 carton **EGG Creations!** Fat Free Original, well shaken
- chopped tomatoes, roasted red peppers and fresh parsley (optional)

DIRECTIONS

1. Heat half the oil in a large nonstick skillet set over medium heat; add chorizo, onion and peppers and sauté until golden. Stir in rice, garlic and paprika until well combined. Add broth and bring to a boil; cover and simmer for 15 minutes or until all the liquid is absorbed. Cover and let stand while preparing eggs.

2. Warm remaining oil in a separate, medium skillet set over medium heat. Add eggs; cook, without stirring for 3 minutes. Continue to cook, stirring, for 2 to 3 minutes or until softly set.

3. Divide rice between serving bowls; pile scrambled eggs on top. Scatter tomatoes, roasted peppers and parsley over top (if using).

Tip: Add your favourite hot sauce to taste for heat and zip.

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For recipe inspiration, follow us at twitter.com/burnbraefarms




Earth Mama Egg White Omelettes

Whipping the egg whites gives this colourful, harvest inspired omelette a beautiful fluffy texture.

PREP TIME: 5 minutes COOK TIME: 50 minutes MAKES: 2 servings

INGREDIENTS

- 1 cup cubed butternut squash or sweet potato
- 3 tsp olive oil, divided
- 1/3 cup canned chickpeas, drained and rinsed
- 2 tbsp sun-dried tomato pesto
- 1 1/3 cups  Simply Egg Whites™, well shaken
- Pinch each salt and pepper
- 1/2 cup baby arugula (plus extra for garnish)
- halved grape tomatoes (to taste)
- balsamic glaze (optional)

DIRECTIONS

1. Preheat oven to 400°F (200°C). Toss squash with 1 tsp olive oil; spread on a baking sheet. Roast for 40 minutes or until tender and golden. Toss roasted squash with chickpeas and sun-dried tomato pesto.

2. Heat 1 tsp oil in an 8-inch skillet set over medium-low heat. Use a whisk to whip egg whites with salt and pepper until very foamy and light. Pour half the egg whites into skillet. Cook, covered, for 2 to 3 minutes or until just set enough to fold.

3. Arrange half the arugula over one side of omelette; top with half the squash mixture. Fold over to enclose. Cover and cook for 1 minute. Slide onto a plate and keep warm while preparing the second omelette with remaining ingredients. Garnish omelettes with additional arugula, tomatoes and balsamic glaze (if using) to serve.

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Egg-cellent Dill Energy Bowl

A satisfying and nutritious meal, all in one bowl!

PREP TIME: 10 minutes COOK TIME: 0 minutes MAKES: 1 serving

INGREDIENTS

- 1 cup cooked barley
- ½ cup canned chickpeas, drained and rinsed
- ½ cup baby spinach
- ¼ cup each diced cucumber and halved grape tomatoes
- 1  **EGGS2go!** Dill Hard Boiled Snack Pack, quartered
- 2 tbsp tzatziki sauce or Ranch-style dressing (or to taste)
- chopped fresh dill and toasted pumpkin seeds (to taste)

Tip: Cooked barley can be replaced with any leftover cooked whole grain on hand, such as brown rice, quinoa or couscous.

DIRECTIONS

1. Arrange barley in a serving bowl; top with chickpeas, spinach, cucumber, tomatoes and Dill eggs. Drizzle with tzatziki sauce and garnish with dill and pumpkin seeds. (Can be made ahead in a resealable container and reserved in refrigerator for up to 2 days.)

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Canadian 'Keto' Breakfast Burgers

For those aspiring to eat fewer carbs, this simple 'sandwich' is slightly messy to eat but totally worth it.

PREP TIME: 2 minutes COOK TIME: 5 minutes MAKES: 1 serving

INGREDIENTS

- 2 thick slices peameal bacon
- 2 slices Jalapeno Havarti or Cheddar Cheese
- 1  Egg Patty
- lettuce leaves and tomato slices

Tip: This recipe scales easily and can be served in a wax paper wrap for no mess eating.

DIRECTIONS

1. Coat a nonstick grill pan or skillet with cooking spray; set over medium heat. Add peameal; cook for 2 to 3 minutes per side or until cooked through and browned. Place cheese on each slice and cover for 1 minute or until melted.
2. Meanwhile, prepare egg patty according to package directions.
3. To assemble: arrange one slice peameal, cheese-side-up. Top with lettuce. Add egg patty and top with tomato. Cap with second slice of peameal, cheese-side down. Secure with sandwich picks.

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Red Velvet Pancakes with Maple Cream Cheese Topping

Make eyes pop at your next brunch with these luxurious dessert pancakes!

PREP TIME: 10 minutes COOK TIME: 20 minutes MAKES: 6 servings (18 pancakes)

INGREDIENTS

Pancakes

- 1 ½ cups all purpose flour
- 2 tbsp each granulated sugar and cocoa powder
- 2 tsp baking powder
- ½ tsp baking soda
- Pinch salt
- 1 ½ cups buttermilk
- 2  Omega 3 Eggs
- 2 tbsp melted butter
- 1 tbsp red food colouring
- 2 tsp vanilla extract
- additional melted butter or oil for cooking

Topping:

- 1 pkg (250 g) cream cheese, softened
- ¼ cup maple syrup
- 2 tbsp each melted butter and milk
- 1 tsp vanilla extract

DIRECTIONS

1. Pancakes: Stir flour, sugar, cocoa powder, baking powder, baking soda and salt in a large bowl. In a separate bowl, whisk buttermilk with eggs, butter,

food colouring and vanilla until well combined. Whisk into flour mixture until just combined and no large lumps remain (do not overmix).

2. Warm a griddle or nonstick skillet over medium heat; brush lightly with melted butter. Spoon ¼ cup batter per pancake onto griddle. Cook for 2 to 3 minutes or until bubbles cover the surface. Flip and cook for 1 minute or until golden and set. Repeat until all batter is used up. (Hold pancakes in a warm oven until ready to serve.)

3. Topping: Meanwhile, beat cream cheese until very fluffy. With the motor running, gradually beat in syrup, melted butter, milk and vanilla until very smooth. Drizzle over pancakes to serve. (Or, chill until thickened and transfer to a piping bag to pipe onto stacks of pancakes.)

Tip: Red food colouring gives the pancakes the traditional red velvet hue but you can omit if desired.

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Zebra Cake

One slice will reveal the eye-catching striped pattern that gives this cake its name.

PREP TIME: 20 minutes COOK TIME: 35 minutes MAKES: 16 servings

INGREDIENTS

- 1 cup  Simply Egg Whites™, well shaken
- 1 ¼ cups granulated sugar
- 1 cup 2% milk
- ¾ cup vegetable oil
- 2 tsp vanilla extract
- 2 ¼ cups all-purpose flour, divided
- 1 tbsp baking powder
- ½ tsp salt
- ¼ cup unsweetened cocoa powder

DIRECTIONS

1. Preheat oven to 350°F (180°C). Grease a 10-inch springform pan.
2. Whisk egg whites with sugar, milk, oil and vanilla. Whisk 2 cups flour with baking powder and salt in a separate bowl. Stir wet mixture into dry mixture just until combined.
3. Divide batter in half. Sift cocoa powder over one portion; stir just until combined (do not over mix). Sift remaining flour over second portion of batter; stir just until combined.

4. Spoon about ¼ cup white batter into the centre of springform pan; allow it to spread naturally. Spoon ¼ cup cocoa batter into the centre of the first circle. Working quickly, alternately spoon remaining batters into the centre of pan until used up. (Batter will spread into series of concentric circles.)

5. Bake for 35 minutes or until a tester inserted in centre of cake comes out clean. Transfer to a wire rack and cool completely.

Tip: Serve this stunning cake with a dollop of whipped cream and fresh berries.





Apple Cinnamon Streusel Muffins

These yummy, lightly spiced apple muffins are a great way to start your day.


PREP TIME: 15 minutes COOK TIME: 20 minutes MAKES: 12 muffins

INGREDIENTS

Streusel:

- 2 tbsp each brown sugar and large flake oats
- 1 tbsp each all purpose flour and melted butter
- $\frac{1}{2}$ tsp ground cinnamon

Muffins:

- 1 cup each all purpose and whole wheat flour
- $\frac{1}{2}$ cup brown sugar
- 2 tsp baking powder
- 1 $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp salt
- $\frac{3}{4}$ cup unsweetened applesauce
- $\frac{1}{2}$ cup plain 2% yogurt
- $\frac{1}{2}$ cup  Simply Egg Whites™, well shaken
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{2}$ cup finely chopped apple

DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with paper liners.
2. **Streusel:** Toss sugar with oats, flour, butter and cinnamon until well combined; set aside.

3. Muffins: Stir both flours with sugar, baking powder, cinnamon and salt in a large bowl. Whisk applesauce, yogurt, egg whites and oil in a separate bowl. Stir wet mixture into dry mixture just until combined. Stir in apple.

4. Divide batter between prepared muffin cups. Sprinkle tops with reserved streusel mixture; lightly press into batter to adhere. Bake for 20 to 22 minutes or until a tester inserted into center of muffin comes out clean. Cool muffins completely on a wire rack.

Tip: Keep the peel on the apple for added fibre.

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Grilled Peach, Apricot and Sweet Ricotta Layered “Bread Pudding”

Sweet and zesty, the perfect breakfast treat or a delightful after-dinner dessert.

PREP TIME: 10 minutes COOK TIME: 20 minutes MAKES: 4 to 6 servings

INGREDIENTS

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|--------|--|
| ⅓ cup | EGG Creations! ® Whole Eggs Original, well shaken |
| 1 cup | buttermilk |
| ½ cup | 18% table cream |
| 2 tsp | vanilla extract |
| 1 tsp | ground cinnamon |
| ½ cup | granulated sugar, divided |
| 1 cup | ricotta |
| 2 | each ripe peaches and apricots, halved and pitted |
| 1 tbsp | vegetable oil |
| 1 | small loaf unsliced egg bread or brioche |
| ¼ cup | chopped pecans |
| ¼ cup | honey or maple syrup |

DIRECTIONS

1. Whisk eggs with buttermilk, cream, ¼ cup sugar, vanilla and cinnamon; set aside. Mix ricotta with remaining sugar; set aside.
2. Preheat grill to medium and grease well. Toss peaches and apricots with oil; grill, turning as needed for 6 minutes. Slice fruit into bite-sized pieces and keep warm.

3. Cut loaf into 6 slices, about 2-inch thick each; grill, just until lightly toasted on both sides. Soak grilled bread in egg mixture, allowing excess to drain off.

4. Grill soaked bread for 2 minutes per side or until golden. Cut slices on an angle and divide between serving plates. Top each serving with ricotta mixture and sliced fruit. Garnish with pecans and a drizzle of honey.

Tip: Make sure that the grill is well-greased to keep the soaked bread from sticking.

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