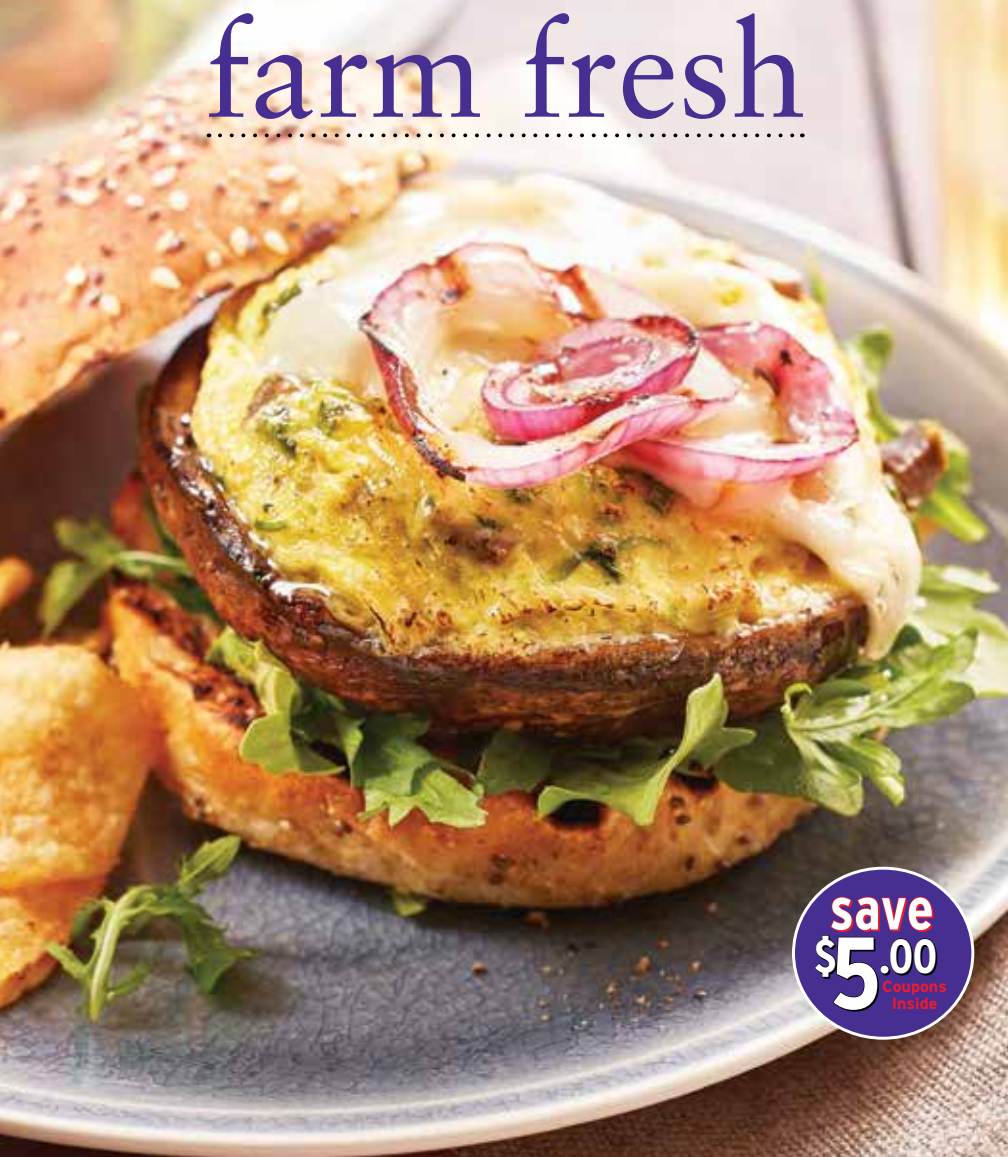


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RECIPE IDEAS FROM BURNBRAE FARMS



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





4 Ingredient Baked Oatmeal Cups

Naturally sweetened and packed with protein, these oatmeal cups are nutritious and delicious.
PREP TIME: 5 minutes COOK TIME: 25-30 minutes MAKES: 12-16 oatmeal cups

INGREDIENTS

- 2½ cups rolled oats
- ¼ cup **EGG Creations!** Whole Eggs Original, shaken
- 1½ cups milk
- ½ cup pure maple syrup

TIPS

Additional ingredients might include: apples & cinnamon, chocolate chips & berries, or bananas & peanut butter.

If adding optional ingredients, leave some extra room and note this may yield up to 16 oatmeal cups.

DIRECTIONS

1. Preheat oven to 350°F (180°C) and line a 12 cup muffin pan with liners.
2. In a large bowl stir together oats, eggs, milk and maple syrup. Divide evenly between muffin cups (make sure an equal amount of liquid is distributed in each cup).
3. Stir in optional ingredients if desired.
4. Bake for 25-30 minutes, until light golden brown on top and completely set. Let sit for 5-10 minutes before removing from pans.
5. Oatmeal cups can be stored in the refrigerator for up to 1 week or frozen for up to 3 months. They reheat perfectly. Serve alone or with milk and additional maple syrup if desired.

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



Western Scramble Breakfast Couscous

Instead of instant oatmeal, try this satisfying, savory breakfast that comes together just as quickly!

PREP TIME: 5 minutes COOK TIME: 10 minutes MAKES: 2 servings

INGREDIENTS

¼ cup	whole-wheat or regular couscous
½ cup	boiling water
½ cup	Fat Free EGG Creations!
	Cheese and Chive , shaken
¼ cup	each seeded and diced green pepper and tomato
2 tbsp	finely chopped ham
2 tbsp	finely chopped green onion
pinch	each salt and pepper
	shredded cheddar cheese (optional)
	sour cream (optional)

DIRECTIONS

1. Place the couscous in a small, heatproof bowl. Pour the boiling water over top; cover and let stand for 5 minutes. Fluff with a fork.

2. Meanwhile, stir the eggs with the green pepper, tomato, ham, green onion, salt and pepper in a microwave-safe bowl. Microwave on High, stirring once, for 2 to 3 minutes or just until set. Stir to break into curds.

3. Toss the scrambled eggs with the couscous. Adjust seasonings to taste. Sprinkle with cheese (if using). Serve immediately with a dollop of sour cream (if using).

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Mexican Chorizo Breakfast Tacos

Fire up the barbecue ... for breakfast!

PREP TIME: 15 minutes COOK TIME: 30 minutes MAKES: 12 servings

INGREDIENTS

¾ cup	mild/spicy chorizo sausage, sliced and casing removed
2 cups	EGG Creations! Whole Eggs Veggie & Feta , shaken
¾ cup	diced onions
1 tsp	ground cumin
1 tsp	paprika
12	6-inch corn/wheat tortillas
2 cups	diced tomato
⅓ cup	chopped cilantro
2 tbsp	lime juice
2 tsp	vegetable oil
dash	salt and pepper
1	avocado, sliced

cumin and paprika, until eggs are set. Remove from heat and keep warm.

2. Wrap tortillas in tinfoil and place over an indirect heat or grill until warm.

3. To make tomato salsa, mix onions with tomatoes, cilantro, lime juice and vegetable oil, then season with salt and pepper. Set aside.

4. Divide chorizo mixture among warm tortillas, then garnish with tomato salsa and avocado slices.

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DIRECTIONS

1. Cook chorizo, onions and eggs in a large cast-iron pan on the grill at 375°F (190°C), mixing in



Greek Egg and Lemon Baked Chicken

This casserole is the ultimate potluck or make-ahead buffet dish.

PREP TIME: 20 minutes COOK TIME: 20 minutes MAKES: 6 servings

INGREDIENTS

- 1 large cooked rotisserie chicken (about 3 lb/1.5 kg)
- 1/3 cup thinly sliced red onion
- 1 cup **naturegg Omega Plus™**, shaken
- 2/3 cup chicken broth
- 1 tsp finely grated lemon zest
- 2 tbsp lemon juice
- 2 tbsp butter, melted
- 2 tbsp chopped parsley
- 1/2 tsp dried oregano leaves
- 1/2 tsp pepper

DIRECTIONS

1. Remove and discard skin from chicken. Remove meat from bones and into bite-size pieces. Place in 13" x 9" (3 L) baking dish lightly coated with non-stick cooking spray. Scatter onion over top.

2. Whisk eggs with chicken broth, lemon zest and juice, butter, parsley, oregano and pepper. Pour over chicken. (Casserole may be assembled to this point, covered and refrigerated for up to 1 day.)

3. Bake at 350°F (180°C) for 20 to 25 minutes or until set and lightly browned.

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Cheesy Baked Omelette Puff

This fluffy omelette is a no-fuss way to feed a hungry brunch crowd.

PREP TIME: 15 minutes COOK TIME: 55-60 minutes MAKES: 6 to 8 servings

INGREDIENTS

1½ cups	milk
⅓ cup	all-purpose flour
2 tbsp	salted butter, melted
½ tsp	baking powder
¼ tsp	each salt and pepper
8	 Omega 3 eggs
2 cups	shredded marble cheese, divided
	diced tomatoes and
	chopped green onion (optional)
	sour cream (optional)
	crumbled cooked bacon (optional)

DIRECTIONS

1. Preheat the oven to 350°F (180°C). Grease a 9-inch, deep-dish pie plate. Combine the milk, flour, butter, baking powder, salt and pepper in a blender. Blend until smooth.

2. Add the eggs and 1½ cups cheese; blend until well combined. Pour into the prepared pie plate. Bake for 55 to 60 minutes or until puffed and golden.

3. Toss the bacon with the diced tomatoes and onion (if using) and scatter over the warm omelette. Sprinkle the omelette with the remaining cheese. Cut the omelette into wedges and serve with sour cream (if using).

TIPS

Try topping with chopped red onion, green pepper and ham for a Western omelette.

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Simply Sweet Lemon Meringue Tarts

These lovely little tarts come together in a snap!

PREP TIME: 15 minutes COOK TIME: 16 minutes MAKES: 18 servings

INGREDIENTS

- 18 ready to bake, 3-inch (7.5 cm) tart shells
- 2 ½ cups good quality lemon curd or pie filling
- ½ cup  **Simply Egg Whites™**, shaken
- 1½ tsp lemon juice
- ½ tsp vanilla
- ¼ tsp cream of tartar
- pinch salt
- ½ cup granulated sugar

3. Arrange tarts on a baking sheet. Bake, turning sheet occasionally for even browning, for 16 minutes or until the meringue is golden. Cool to room temperature and serve.

TIPS

Tarts can be stored in the refrigerator for up to 2 days.

Replace the lemon curd with prepared chocolate or butterscotch pudding for a tasty twist.

DIRECTIONS

1. Bake tart shells according to package directions; cool completely. Spoon about 2 tbsp lemon curd into each tart shell. Smooth top. Preheat oven to 400°F (200°C).

2. Beat egg whites with lemon juice, vanilla, cream of tartar and salt until soft peaks form. Beating constantly on high, gradually add sugar. Continue beating until stiff peaks form. Pipe or swirl meringue onto filled tarts.

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Chocolate Snow Angel Cake

A beautiful showy cake to serve at festive and family gatherings.

PREP TIME: 15 minutes COOK TIME: 40-50 minutes MAKES: 10 servings

INGREDIENTS

- ¾ cup cake and pastry flour
- ½ cup cocoa
- 1½ cups granulated sugar, divided
- 1¾ cups  Simply Egg Whites™, shaken
- 1 tbsp lemon juice
- 2 tsp vanilla
- 1 tsp cream of tartar
- ½ tsp salt
- 1 package white frosting
- 1 tsp finely grated orange rind
- berries and fresh mint (optional)

DIRECTIONS

1. Preheat oven to 350°F (180°C). In small bowl, mix together with electric mixer, flour and cocoa with ¾ cup sugar.
2. In large bowl, beat 1¾ cups of the egg whites until foamy. Add lemon juice, vanilla, cream of tartar, and salt to egg whites. Beat until soft peaks form. Still beating, gradually add remaining ¾ cup of the sugar until stiff, glossy peaks form.

3. Adding one-quarter at a time, gently fold flour mixture into egg whites just until blended. Gently spoon batter into an ungreased 8-in (20 cm) cake pan. Run spatula through batter to eliminate air pockets. Smooth top.

4. Bake in centre of oven for 40-50 minutes or until cake springs back when lightly touched. Invert pan; cool completely.

5. Cut cake in half horizontally to make two layers. Stir orange rind into frosting. Spread bottom layer evenly with frosting. Sprinkle with berries, if using. Replace top; spread frosting over-top or opt to use meringue. Garnish with mint and additional berries, if using.

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Cobb Salad Dip

The classic salad is reinvented into a colourful, nutritious dip!

PREP TIME: 30 minutes COOK TIME: 0 minutes MAKES: 12 servings

INGREDIENTS

2 pkg	each	 EGGS2go! DILL
1 cup	thick Greek-style yogurt or sour cream	
½ cup	softened light cream cheese	
2 tbsps	each chopped fresh dill and parsley	
½ cup	each corn kernels, diced tomatoes and shredded cheddar cheese	
¼ cup	each chopped green onions and crumbled cooked bacon (optional)	

DIRECTIONS

1. Slice eggs in half and remove the yolks; finely chop the whites and reserve separately. Mash the yolks through a fine strainer using the back of a spoon into a bowl. Blend in yogurt, cream cheese, dill and parsley. Spread in a shallow serving bowl.
2. Scatter chopped egg whites, corn, tomatoes, cheese, onions and bacon (if using) over top. Serve dip surrounded by lettuce leaves, thick slices of peppers and cucumbers for scooping.

TIPS

Use the following optional ingredients for scooping! Serve with endive or small romaine lettuce leaves, sliced peppers, cucumber, crackers or nachos.

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Egg-Stuffed Portobello Mushroom Burgers

Ultimate egg-stuffed Portobello mushroom burgers, perfect for family adventures.

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

INGREDIENTS

- 4 portobello mushrooms
- 1 red onion,
sliced in quarter-inch rounds
- 2 tbsp olive oil
- 1 cup **EGG Creations!®** Whole Eggs
Mushroom & Spinach,
shaken
- 4 slices swiss or mozzarella cheese
- 4 hamburger buns
- 2 cups arugula
- ¼ cup mayonnaise

DIRECTIONS

1. Remove mushroom stems and scrape out black ribs from inside the caps, as this helps keep the egg mixture in.

- 2. Brush mushrooms and onion slices with olive oil, then place them on the grill at 350°F (180°C). Fill each mushroom with ¼ cup **Egg Creations** and cook until the eggs set.
- 3. Melt cheese over each mushroom and toast buns until golden.
- 4. Divide arugula among buns, add mushrooms and onions, and finish with mayonnaise.



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Portobello Mushroom Burgers
(see inside back cover for recipe)