

BREAKFAST & BRUNCH BEAUTIES



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CRISPY BREAKFAST QUESADILLAS



*Ideal for an
on-the-go
breakfast!*

EASY FESTIVE BRUNCH BAKE

*Great for
using up
leftovers!*



CANADIANA EGGS BENEDICT

*A breakfast
or brunch
favourite!*



FROM OUR FARM TO YOUR STORE

IN 5 DAYS.

DAVE HAYES, EGG FARMER | TILLSONBURG, ON

DH

When you cook or bake with eggs from your grocery store, they are high quality and come from the farm to your store in only 4 to 7 days. That's fresh!



All eggs in Ontario are graded to the same Canada Grade A standard for quality, freshness and cleanliness. Look for cartons with the Canada Grade A maple leaf symbol to ensure you are purchasing Canadian eggs. You will be supporting one of the over 400 egg farm families in Ontario.

A variety of eggs are available, whether you prefer classic white or brown, omega 3, organic, free run or free range. No matter the eggs you choose to buy, rest assured eggs in your local grocery store are from local farms.

Since eggs contain 14 essential nutrients and only 70 calories, eggs are goodness you can count on.



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CRISPY BREAKFAST QUESADILLAS

Crispy on the outside and stuffed with vegetables, bacon and scrambled eggs on the inside.

Servings: 2 to 4
Prep Time: 10-12 minutes
Cook Time: about 15 minutes

INGREDIENTS

4 large eggs
Salt and pepper, to taste
1 tbsp (15 mL) butter
1/2 cup (125 mL) diced sweet red or green pepper
2 slices cooked bacon, chopped
2 green onions, chopped
2 large whole wheat or regular flour tortillas
1/2 cup (125 mL) shredded old Cheddar cheese
1 tsp (5 mL) melted butter

DIRECTIONS

- Pre-heat oven to 450°F (230°C). Grease a large baking sheet.
- In a medium bowl, beat eggs with salt and pepper.
- In medium non-stick skillet over medium heat, melt 1 tbsp (15 mL) butter. Add peppers and cook, stirring, until softened, about 2 minutes. Add bacon and cook, stirring often, for 1 minute. Add egg mixture to skillet and cook, stirring, until set but still soft and scrambled, about 2 minutes. Remove from heat and stir in green onions.
- Place tortilla on prepared baking sheet. Fill one side with half the egg mixture and top with half the cheese. Fold tortilla over and brush the exposed side with half the melted butter. Repeat with second tortilla on the same pan.
- Bake for 5 to 7 minutes, turning once, or until cheese melts and edges are browned and crisp. Serve cut into wedges with salsa, if desired.

"EGGS-PERT" ADVICE

TIP: Substitute 1/4 cup (50 mL) diced ham for bacon or simply make it all vegetables and cheese.

TIP: Recipe can easily be doubled.

TIP: Add a little chopped fresh coriander to bottled salsa to give a boost of freshness.



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EASY FESTIVE BRUNCH BAKE

For a tasty brunch or light supper, combine cooked poultry, sweet peppers, onion and mushrooms with eggs and cheese and bake.

Servings: 4 to 6
Prep Time: 25 minutes
Cook Time: 33 to 38 minutes

INGREDIENTS

1 tbsp (15 mL) butter
1 onion, diced
1 small sweet red pepper, diced
1 small green pepper, diced
1 cup (250 mL) sliced mushrooms
1 cup (250 mL) diced cooked turkey or chicken
1/2 tsp (2 mL) dried thyme
1/2 tsp (2 mL) dried sage
1/4 tsp (1 mL) salt
pinch pepper
1/4 cup (50 mL) Panko breadcrumbs
4 large eggs
1/2 cup (125 mL) milk
3/4 cup (175 mL) shredded Havarti or Cheddar cheese

DIRECTIONS

- Pre-heat oven to 375°F (190°C). Lightly butter a 6-cup (1.5 L) shallow baking dish or 9-inch (23 cm) pie plate.
- In large skillet over medium-high heat, melt butter. Stir in onion, red and green peppers and mushrooms and cook, stirring often, until well softened, about 7 minutes. Stir in turkey, thyme, sage, salt and pepper and cook until turkey is heated through, about 1 minute. Remove from heat and stir in breadcrumbs; spoon into baking dish.
- In medium bowl, beat together eggs and milk; pour over filling. Sprinkle with cheese. Bake until filling is firm, about 25 to 30 minutes. Let stand for 10 minutes before cutting into wedges.

"EGGS-PERT" ADVICE

TIP: If serving for supper, serve with a mixed green salad.

TIP: The red and green peppers give this dish a festive look, but feel free to change the colour of the peppers. Even try some hot pepper, if desired.



CANADIANA EGGS BENEDICT

With the distinct flavour of Montreal smoked meat, you will truly enjoy creating this eggs benedict at home.

Servings: 4
Prep Time: 5 minutes
Cook Time: 5 minutes

INGREDIENTS

6 oz (180 g) shaved Montreal smoked meat
1 tbsp (15 mL) white vinegar
4 eggs
2 English muffins, split and toasted

Maple Hollandaise Sauce:

1/4 cup (60 mL) butter

2 eggs

1 tbsp (15 mL) pure maple syrup

1 tbsp (15 mL) lemon juice

Pinch smoked paprika (optional)

DIRECTIONS

- In a small skillet, warm smoked meat over medium heat until fragrant; keep warm.
- Maple Hollandaise Sauce: Using a small pan, melt butter over low heat. In a small bowl, whisk together 2 eggs, maple syrup and lemon juice until frothy. Slowly add egg mixture into melted butter and whisk gently for about 6 minutes over low heat. Remove from heat until thickened and keep warm.
- Meanwhile, in a large shallow saucepan filled halfway with water, add 1 tbsp (15 mL) white vinegar and bring to a boil. Reduce heat to simmer.
- Crack each egg to be poached into a small bowl to gently slip into simmering water. Poach for about 3 to 5 minutes or until white is set and yolk is cooked as desired.
- Top English muffin halves with warmed smoked meat. Using a slotted spoon, remove poached eggs from water and place on top of smoked meat. Spoon Maple Hollandaise sauce over top of each egg. Sprinkle with smoked paprika, if desired.

"EGGS-PERT" ADVICE

TIP: For regular Hollandaise sauce, omit maple syrup and add 1 tbsp (15 mL) of water.

TIP: To thicken the sauce, simply heat and stir for 1-2 minutes longer until it thickens to desired consistency.



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