



....KIDS in the kitchen....



CLASSIC OMELETTES



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BAKED EGG TAQUITOS



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EASY EGG TACOS



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CHURRO FRENCH TOAST ROLL UPS



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CLASSIC OMELETTES

Make omelettes any way you like! This recipe is perfect for anytime of the day – breakfast, lunch, dinner or even a snack.

Servings: 1
Prep Time: 2 minutes
Cook Time: 4 minutes

INGREDIENTS

2 eggs
2 tbsp (30 mL) water
Salt and pepper (optional)
Desired fillings (e.g., cheese, mushrooms, green peppers, ham, bacon)

DIRECTIONS

- Using a whisk or a fork, beat the eggs and water together. Season with salt and pepper (optional). Be sure to incorporate the yolks and the whites together well.
- Heat a pan over medium-high heat. Coat your pan with cooking spray or add butter or oil.
- Once the pan is hot, pour in the egg mixture. As the mixture sets around the edge of pan, use a spatula to gently push cooked portions toward the centre of pan. Tilt and rotate pan to allow uncooked egg to flow into empty spaces. When the surface of the egg looks moist but does not move when the pan is jiggled, it's ready for filling. Add your filling sparingly.
- Fold the omelette in half with a spatula and let the bottom brown slightly before sliding onto a plate.

“EGGS-PERT” ADVICE

TIP: Make sure whatever you're filling your omelette with is already cooked. Use ingredients that are not going to produce a lot of water when warmed.

BAKED EGG TAQUITOS

These kid-friendly, Mexican tortilla roll-ups are also known as Flautas and are often deep fried. Serve this baked version as an appetizer, snack or light meal.

Servings: 8 to 10 pieces
Prep Time: 20 minutes
Cook Time: 8 to 10 minutes

INGREDIENTS

3 large hard-cooked eggs, coarsely chopped
½ cup (125 mL) shredded cooked chicken
¼ cup (50 mL) low-fat or regular mayonnaise
2 tsp (10 mL) taco seasoning
½ cup (125 mL) shredded Cheddar cheese
10 small whole wheat or regular flour tortillas
1 tbsp (15 mL) melted butter
Bottled salsa (optional)

DIRECTIONS

- Preheat oven to 425°F (220°C).
- In medium bowl, combine eggs, chicken, mayonnaise and seasoning. Stir in cheese.
- Lay tortillas on a flat work surface. Place about 2 tbsp (30 mL) of the filling in a line about 1-inch (2.5 cm) from one edge of tortilla. Roll up tightly, shaping into a cylinder. Place seam-side down on rimmed baking sheet, in single layer and not touching. Lightly brush tops with melted butter.
- Bake 8 to 10 minutes or until edges start to brown and tortillas are crispy. Serve whole or cut in half, with salsa (if desired).

“EGGS-PERT” ADVICE

TIP: Make ahead and bake just before serving.

EASY EGG TACOS

Serve these fun and easy tacos with your favourite toppings for the full taco treatment!

Servings: 4
Prep Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS

2 tsp (10 mL) vegetable oil
½ small red or green pepper, diced
½ jalapeno pepper, seeded and finely diced
1 clove garlic, minced
⅔ cup (150 mL) diced ham (3 oz / 90 g)
½ tsp (2 mL) chili powder
4 eggs
¼ tsp (1 mL) each salt and black pepper
2 tsp (10 mL) butter
4 small whole wheat or regular flour tortillas, warmed
½ cup (125 mL) shredded Tex-Mex or Cheddar cheese
2 green onions, chopped
Toppings: Salsa, chopped fresh cilantro (optional)

DIRECTIONS

- In medium non-stick skillet, heat oil over medium heat; sauté red and jalapeno peppers and garlic for 2 minutes or until softened. Add ham and chili powder; sauté 2 minutes or until heated through. Remove to bowl; cover to keep warm.
- In a small bowl or measuring cup, whisk eggs, salt and pepper.
- Melt butter in the same skillet on medium heat; add eggs and cook, stirring gently, until set but still soft, about 2 minutes.
- Spoon eggs on each tortilla, top with ham mixture, cheese and onion. Serve with salsa and/or cilantro, if desired.
- Variation:** Substitute cooked black beans or your favourite beans for the ham to create a vegetarian version.

“EGGS-PERT” ADVICE

TIP: Wrap tortillas in foil and heat in a toaster oven or oven. Or wrap in a tea towel and microwave on high power for 30 seconds or until warm.

CHURRO-FRENCH TOAST ROLL UPS

A fun and easy take on the classic Mexican dessert, churros. Served with a side of maple syrup or melted chocolate, this dish is like eating dessert for breakfast!

Servings: 12 pieces
Prep Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS

Cinnamon Butter
¼ cup (50 mL) unsalted butter, at room temperature
2 tbsp (30 mL) honey
1 tbsp (15 mL) ground cinnamon

French Toast
1 tbsp (15 mL) granulated sugar
1 tsp (5 mL) ground cinnamon
2 eggs
2 tbsp (30 mL) 2% milk
12 slices whole wheat bread
2 tbsp (30 mL) butter, divided
Maple syrup, warmed

DIRECTIONS

- In a small bowl, using an electric mixer on medium speed, cream butter, honey and cinnamon until combined. Set aside.
- In another small bowl, combine sugar and cinnamon; set aside.
- In a shallow bowl, whisk eggs and milk until combined; set aside.
- Cut the crust off each slice of bread and discard. Using a rolling pin, flatten bread until approximately 1/8-inch (0.3 cm) thick. Spread a thin layer of cinnamon butter on each slice and roll up tightly.
- In a large nonstick skillet, over medium heat, melt 1 tbsp (15 mL) of the butter. Dip rolls, one at a time, in egg mixture, coating all sides; place in skillet. Cook in batches of 3 or 4, turning until roll is browned on all sides, about 5 minutes. Transfer hot rolls to paper towel-lined plate; roll to coat in cinnamon-sugar. Serve with warm maple syrup to dip.

“EGGS-PERT” ADVICE

TIP: To make cinnamon-sugar: combine 2 tbsp (30 mL) sugar and 1 tsp (5 mL) cinnamon.