



Photograph courtesy of Dairy Farmers of Canada

Crustless Country Quiche

This quiche is a milk product and egg dish that can be served hot or cold. What effect does the salt in meats have on the milk mixture in this quiche?

Prep time: 10 minutes

Cooking time: 25 minutes

Yields: 8 servings

Ingredients

- 2 tbsp (30 ml) dry bread crumbs
- 2 cups (500 ml) cooked ham, chicken or turkey, diced
- 1½ cups (375 ml) chopped cooked vegetables, such as peppers, mushrooms, celery, broccoli
- ½ cup (125 ml) chopped green onions
- 1½ cups (375 ml) shredded **cheddar** or **Swiss cheese**
- 5 **eggs**
- 2 cups (500 ml) **milk**
- ½ tsp (2 ml) salt
- Cayenne pepper to taste

Instructions

1. Preheat oven to 350° F (180° C).
2. Sprinkle bread crumbs over the bottom of a well greased 13 x 9 inch (33 x 23 cm) baking dish. Scatter meat, cooked vegetables, green onions and cheese in pan.
3. In bowl, beat together eggs, milk, salt and cayenne pepper until just blended. Pour over ham mixture.
4. Bake for 25 minutes or until egg mixture is just set. Do not over-bake. Remove from oven and let stand for 5 minutes.
5. To serve, cut into rectangles.



Revisit the video that shows how to make a quiche on the Egg Farmers of Canada website at www.eggs.ca/recipes/basic-quiche.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Crustless Country Quiche*
www.dairygoodness.ca/recipes/crustless-country-quiche

Tips

- Look for whole wheat bread crumbs in the grocery store.

Nutrients per serving	Food groups per serving
Calories – 238 kcal	Vegetables and Fruit – 0.5
Protein – 24 g	Grain Products – 0.1
Fat – 12 g	Milk and Alternatives – 0.7
Carbohydrates – 7 g	Meat and Alternatives – 0.8
Fibre – 0.7 g	
Sodium – 398 mg	
Calcium – 272 mg	

1% milk, chicken, broccoli, peppers and cheddar cheese used in analysis
www.eatracker.ca/recipe_analyzer.aspx



Custard

A custard is made by blending milk or cream with eggs. Custards are thickened by the coagulation of the egg proteins when the mixture is heated. What principles of protein cookery are applied to custards?

Prep time: 20 minutes

Cooking time: 1 hour

Yields: 6 servings

Ingredients

- 2 tsp (10 ml) lemon zest
- 3 cups (750 ml) milk
- 6 eggs
- ½ cup (125 ml) sugar

Instructions

1. Preheat oven to 325° F (160° C). Butter a one-quart (1 L) casserole dish.
2. In a medium pot, heat lemon zest with milk until hot.
3. In a medium bowl, beat eggs until foamy. Add sugar and beat to blend.
4. Whisk a little of the hot milk mixture into the beaten eggs.
5. Slowly add the egg mixture back into the milk mixture and stir. Cook on medium low heat and stir until custard coats the back of a spoon. Stir in vanilla.
6. Strain into casserole dish. Place dish into pan of hot water.
7. Place pan in oven and bake for one hour or until a knife inserted in the centre comes out clean.
8. Cool and serve.



Watch a video that demonstrates how a custard is used in a Boston pie recipe on the Dairy Goodness website at www.dairygoodness.ca/recipes/boston-pie-with-le-noble-cheese.

From The Ontario Milk Marketing Board Cook Milk With Any Flavour You Like

Tips

- Tempering the egg mixture with the warm milk prevents the eggs from cooking and making the custard lumpy.

Nutrients per serving	Food groups per serving
Calories – 192 kcal	Vegetables and Fruit – 0
Protein – 10 g	Grain Products – 0
Fat – 6 g	Milk and Alternatives – 0.5
Carbohydrates – 25 g	Meat and Alternatives – 0.5
Fibre – 0.1 g	
Sodium – 115 mg	
Calcium – 183 mg	

www.eattracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

French Toast Kabobs

This French toast recipe combines milk products and eggs into a classic breakfast dish.

Prep time: 15 minutes

Cooking time: 5 minutes

Yields: 6 servings of 2 kabobs each

Ingredients

- 3 eggs
- ¼ tsp (1 ml) ground cinnamon
- ½ cup (125 ml) milk
- ½ tsp (2 ml) vanilla
- 4 1-inch (2.5 cm) thick slices day-old whole grain bread
- 3 medium bananas
- 18 strawberries
- ¾ cup (175 ml) fruit-flavoured or vanilla yogurt

Instructions

1. Whisk eggs and cinnamon in shallow bowl until blended. Whisk in milk and vanilla.
2. Grease large skillet and heat it over medium heat.
3. Dip one slice of bread at a time into egg mixture, turning to coat both sides. Remove from egg mixture, letting excess drip off.
4. Place bread on hot skillet. Cook until bottom is golden brown, 1 to 2 minutes. Turn over and cook other side until browned.
5. Remove bread from skillet and place on cutting board. Cut each slice into three equal strips, then each strip into three cubes. Cut each banana into six slices.
6. Thread a cube of bread onto 8-inch (20 cm) wooden skewer. Alternately add fruit and bread so skewer has three bread cubes and three portions of fruit. Repeat with remaining bread cubes and fruit, making 12 skewers.
7. Serve with yogurt for dipping.



Watch a video that shows how to make this recipe on the Egg Farmers of Canada website at www.eggs.ca/recipes/french-toast-kabobs.

Adapted from Egg Farmers of Canada *French Toast Kabobs*
www.eggs.ca/recipes/french-toast-kabobs



Variations

- Use the bread of your choice. Consider using raisin or sourdough.
- Omit cinnamon and use chocolate milk instead of white milk.
- Drizzle kabobs with maple syrup, fruit syrup or chocolate sauce.
- Sprinkle cinnamon sugar or icing sugar over French toast before slicing into cubes.

Tips

Day-old bread is best for French toast. When it is dipped in the egg mixture, it will hold its shape better than fresh bread.

Nutrients per serving	Food groups per serving
Calories – 201 kcal	Vegetables and Fruit – 0.9
Protein – 9 g	Grain Products – 0.7
Fat – 5 g	Milk and Alternatives – 0.3
Carbohydrates – 32 g	Meat and Alternatives – 0.2
Fibre – 3.5 g	
Sodium – 170 mg	
Calcium – 111 mg	

1% milk and 2% flavoured yogurt used in analysis

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Mini Bread Puddings

This bread pudding dish combines milk products and eggs into a custard-like mixture that is baked. How does milk respond to heat in this recipe?

Prep time: 8 minutes

Cooking time: 20 minutes

Set time: 6

Ingredients

- 4 **eggs**
- ½ cup (125 ml) **milk**
- ½ cup (125 ml) **sugar**
- 1½ tsp (7 ml) **vanilla**
- 2½ cups (625 ml) **cinnamon raisin bread cubes** (about ½-inch or 1.5 cm)
- ⅔ cup (150 ml) **chopped dried apple and/or cranberries**

Instructions

1. Preheat oven to 350° F (180° C).
2. Whisk eggs, milk, sugar and vanilla in large bowl. Stir in bread cubes and dried fruit.
3. Line a 6-muffin pan with paper baking cups or grease them. Spoon mixture into cups, filling to top.
4. Bake in oven until knife inserted in centre comes out clean, about 20 minutes.

Adapted from Egg Farmers of Canada *Mini Bread Pudding*
<http://www.eggs.ca/recipes/mini-bread-puddings>

Tips

- Mini bread puddings can be made ahead and reheated in the microwave. They also freeze well.
- Look for whole grain bread in the grocery store.

Nutrients per serving

Calories – 217 kcal
Protein – 7 g
Fat – 5 g
Carbohydrates – 37 g
Fibre – 1.8 g
Sodium – 153 mg
Calcium – 60 mg

Food groups per serving

Vegetables and Fruit – 0.4
Grain Products – 0.7
Milk and Alternatives – 0.1
Meat and Alternatives – 0.3

Four bread slices and dried apple used in analysis
www.eatracker.ca/recipe_analyzer.aspx





Photograph courtesy of Egg Farmers of Canada – www.eggs.ca

Soufflé Cheese and Mushroom Frittata

This soufflé frittata is a cooked egg and cheese dish that demonstrates the use of eggs as a leavening agent. Why are the eggs separated in this dish?

Prep time: 20 minutes

Cooking time: 10 minutes

Yields: 6 servings

Ingredients

- 8 egg yolks
- 1 cup (250 ml) diced cremini or white mushrooms
- 1 cup (250 ml) shredded **Swiss cheese** (divided)
- 1 tsp (5 ml) dried thyme
- $\frac{1}{8}$ tsp (0.5 ml) salt
- 8 egg whites
- 1 cup (250 ml) low sodium pasta sauce, heated (optional)

Instructions

1. Preheat oven to 425° F (225° C).
2. Place yolks in large bowl and whisk until blended. Add mushrooms, $\frac{3}{4}$ cup (175 ml) cheese, thyme and salt then whisk until combined.
3. Place egg whites in another large bowl and beat with electric mixer until stiff peaks form.
4. Gently fold egg whites into yolk mixture, avoiding over-folding so as not to deflate whites.
5. Grease a 10-inch (25 cm) ovenproof skillet. Pour mixture into skillet. Cook over medium heat until bottom is set, about 2 minutes. Sprinkle remaining cheese over top.
6. Place skillet in oven and bake until top is puffed and golden, and frittata is set, 8 or 9 minutes.
7. Cut in wedges and serve immediately, with warmed pasta sauce spooned over each serving, if desired.



Watch a video that shows how to make this recipe on the Egg Farmers of Canada website at www.eggs.ca/recipes/souffled-cheese-and-mushroom-frittata.

Adapted from Egg Farmers of Canada *Souffléd Cheese and Mushroom Frittata*
www.eggs.ca/recipes/souffled-cheese-and-mushroom-frittata

Tips

- It is easier to separate the white from the yolk when the egg is cold.
- When separating eggs, crack each egg white individually into a small bowl first. This will allow you to check that there is no yolk in the white before adding it to the rest of the whites. Any yolk in the whites will prevent the whites from beating to a stiff foam.
- To ovenproof the handle of the skillet, wrap it with a double thickness of aluminum foil.

Nutrients per serving	Food groups per serving
Calories – 216 kcal	Vegetables and Fruit – 0.7
Protein – 15 g	Grain Products – 0
Fat – 14 g	Milk and Alternatives – 0.4
Carbohydrates – 8 g	Meat and Alternatives – 0.7
Fibre – 1.4 g	
Sodium – 178 mg	
Calcium – 196 mg	

White mushrooms and low sodium spaghetti sauce used in analysis
www.eatracker.ca/recipe_analyzer.aspx