



# POWER UP!

COOKING WITH MILK PRODUCTS & EGGS

*Recipe Cards*



Teach  
**Nutrition.ca**™

By Dairy Farmers of Canada's  
Registered Dietitians

**Egg** Farmers  
of Alberta

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# Milk Dishes

These pages contain recipes and nutritional values for the following cooked milk dishes.

- basic white sauce
- blueberry blast smoothie
- cream of asparagus soup
- creamy tomato rice soup
- creamy tomato sauce
- easy creamy microwave risotto
- paneer
- scalloped potatoes
- tropical green smoothie
- tuna casserole deluxe
- vegetable pot pie with biscuit
- yogurt panna cotta



### Nutrition Facts

Per serving	
<b>Calories</b> 190	%DV*
<b>Fat</b> 13g	17%
Saturated 8g	40%
+ Trans 0.5g	
<b>Carbohydrates</b> 13g	
Fibre 0g	0%
Sugars 8g	8%
<b>Protein</b> 6g	
<b>Cholesterol</b> 40mg	
<b>Sodium</b> 160mg	7%
Potassium 240mg	6%
Calcium 195mg	15%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot

1% milk used in analysis

## Basic White Sauce

A white sauce is the base for many dishes. How is skin formation and scorching avoided?

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

**Yields:** 4 servings

### Ingredients

- ¼ cup (60 ml) butter
- ¼ cup (60 ml) all-purpose flour
- 2½ cups (625 ml) warm milk
- Salt and white pepper to taste

### Instructions

1. Melt butter in a heavy bottom sauce pan over medium low heat. Ensure that the butter does not brown.
2. Add flour and stir until fully mixed. The butter and flour mixture should bubble up slightly.
3. Add about ½ cup of the warm milk slowly, stirring to keep the mixture smooth.
4. Add the remainder of the warm milk slowly, stirring constantly.
5. Heat to just a gentle rolling simmer, stirring constantly. Cook for 6 to 8 minutes until desired consistency and flour is cooked.
6. Season to taste with salt and white pepper.



Watch a video that demonstrates this recipe at <https://www.youtube.com/watch?v=WpZY63gAYDA>.

Adapted from Canadian Goodness Basic White Sauce

### Tips

- ☑ Slightly warming the milk helps it to incorporate into the flour and butter mixture and keeps the sauce nice and smooth.
- ☑ For a thinner sauce, use 2 tbsp (30 ml) of butter and 2 tbsp (30 ml) of flour to 2 cups (500 ml) of milk.
- ☑ For a thicker sauce, use 6 tbsp (90 ml) of butter and 6 tbsp (90 ml) of flour to 2 cups (500 ml) of milk.



Nutrition Facts	
Per serving	
<b>Calories 110</b>	<b>%DV*</b>
<b>Fat 2g</b>	3%
Saturated 1g	5%
+ Trans 0g	
<b>Carbohydrates 18g</b>	
Fibre 2g	7%
Sugars 12g	12%
<b>Protein 6g</b>	
<b>Cholesterol 5mg</b>	
<b>Sodium 75mg</b>	3%
Potassium 298mg	6%
Calcium 199mg	15%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot

*1% milk and plain yogurt used in analysis*

## Blueberry Blast Smoothie

*This yogurt-based smoothie is made with blueberries, which contain tannins. What can tannins do to milk products?*

**Prep time:** 5 minutes

**Yields:** 2 cups

### Ingredients

- ½ cup (125 ml) milk
- ½ cup (125 ml) yogurt
- ½ cup (125 ml) frozen blueberries
- ½ cup (125 ml) frozen pineapple
- ½ cup (125 ml) fresh or frozen spinach or baby kale

### Instructions

1. Add all ingredient to a blender and blend until smooth.
2. Pour into serving glasses.



Watch a video that shows how to make fruit smoothies and look for similarities and differences at [www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/any-day-any-time-smoothies](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/any-day-any-time-smoothies).

Adapted from Dairy Farmers of Canada Smoothies 2



Nutrition Facts	
Per serving	
<b>Calories</b> 150	%DV*
<b>Fat</b> 7g	9%
Saturated 4.5g	23%
+ Trans 0g	
<b>Carbohydrates</b> 15g	
Fibre 0g	0%
Sugars 5g	5%
<b>Protein</b> 7g	
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 110mg	5%
Potassium 397mg	8%
Calcium 148mg	10%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot  
1% milk used in analysis

## Cream of Asparagus Soup

Cream soups are made with three basic ingredients – the vegetable base, a thickener and milk or cream. The asparagus in this cream of asparagus soup also contains tannins. How are principles of protein cooking applied in this recipe? Why is salt added at the end?

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

**Yields:** 6 servings

### Ingredients

- 1 lb (450 g) fresh asparagus
- 2 cups (500 ml) low sodium chicken broth or water
- 1 small onion, finely chopped
- 3 tbsp (45 ml) butter
- 3 tbsp (45 ml) all-purpose flour
- 2 cups (500 ml) milk
- Salt and pepper to taste

### Instructions

1. Discard the white part of asparagus stalks. Rinse well in cold water. Cut into 1-inch (3 cm) pieces.
2. Place in saucepan with water or chicken stock. Add onion, cover and bring to a boil. Cook until asparagus is tender, about 7 to 10 minutes. Reserve a few tips for garnish.
3. Purée soup in blender or food processor.
4. Melt butter in saucepan. Then, stir in flour and cook until smooth and bubbly.
5. Add milk and seasonings then cook, stirring constantly until sauce thickens and comes to a boil. Add asparagus purée. Adjust seasoning to taste.
6. Serve hot or cold, garnished with reserved asparagus.

Adapted from Canadian Goodness *Cream of Asparagus Soup*



Nutrition Facts	
Per serving	
<b>Calories</b> 180	%DV*
<b>Fat</b> 5g	6%
Saturated 3g	15%
+ Trans 0g	
<b>Carbohydrates</b> 26g	
Fibre 2g	7%
Sugars 8g	8%
<b>Protein</b> 8g	
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 100mg	4%
Potassium 360mg	8%
Calcium 186mg	15%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk used in analysis

## Creamy Tomato Rice Soup

This homemade tomato soup demonstrates how milk should be cooked with an acid ingredient, such as the tomatoes. How is curdling avoided in this recipe? **Prep time:** 5 minutes    **Yields:** 4 servings  
**Cooking time:** 25 minutes

### Ingredients

- 1 tbsp (15 ml) butter
- 3 cloves garlic, minced
- 1 chopped onion
- 1½ tsp (7 ml) dried basil, oregano or Italian seasoning
- Salt and pepper
- 1 can (796 ml) low sodium diced tomatoes with juice
- 1 cup (250 ml) low sodium broth
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) milk
- 1 cup (250 ml) cooked brown rice or mixed grains
- ½ tsp (2 ml) granulated sugar, optional
- Chopped fresh chives

### Instructions

1. In a large pot, melt butter over medium heat.
2. Add garlic, onion, basil and ¼ tsp (1 ml) each of salt and pepper.
3. Cook, stirring often, for 5 minutes or until tender.
4. Add tomatoes and broth. Cover and bring to a boil over high heat.
5. Reduce heat to medium low and boil gently, covered, for 10 minutes or until tomatoes are very soft. Remove from heat.
6. Use an immersion blender in the pot or transfer soup in batches to an upright blender. Purée soup until smooth. Return to pot, if necessary.
7. Whisk flour into milk. Gradually pour into pot while whisking constantly.
8. Stir in rice and cook over medium heat, stirring often, for about 5 minutes or until slightly thickened and steaming.
9. Season to taste with sugar, if desired, pepper and up to ¼ tsp (1 ml) salt.
10. Ladle soup into warm bowls and sprinkle with chives.

### Variations

- For a curried tomato soup, omit the basil, add 2 tbsp (30 ml) minced ginger root and 1 tbsp (15 ml) Indian yellow curry paste or powder with the garlic. Replace the chives with cilantro.



Watch a video that shows how to make this creamy tomato rice soup at [www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/creamy-tomato-rice-soup](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/creamy-tomato-rice-soup).

Adapted from Canadian Goodness *Creamy Tomato Rice Soup*





Nutrition Facts	
Per serving	
<b>Calories 80</b>	%DV*
<b>Fat 2g</b>	3%
<b>Saturated 1.5g</b>	8%
<b>+ Trans 0g</b>	
<b>Carbohydrates 12g</b>	
<b>Fibre 1g</b>	4%
<b>Sugars 5g</b>	5%
<b>Protein 2g</b>	
<b>Cholesterol 5mg</b>	
<b>Sodium 270mg</b>	12%
Potassium 383mg	8%
Calcium 62mg	4%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

White mushrooms used in analysis

## Creamy Tomato Sauce

This creamy tomato sauce uses a roux as its base. A roux helps prevent curdling as starch stabilizes the cream. The tomatoes thicken the sauce. How does the roux counter the acid in the tomatoes?

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

**Yields:** 6 servings

### Ingredients

- 1 tbsp (15 ml) butter
- 1 cup (250 ml) finely chopped onion
- 1 cup (250 ml) thinly sliced mushrooms
- 2 tbsp (25 ml) all-purpose flour
- 14 oz (796 ml) low sodium diced tomatoes, with juice
- 2 tbsp (25 ml) light sour cream
- Salt and pepper to taste

### Instructions

1. Melt butter in a large frying pan over medium high heat. Add onion and cook for about 5 minutes or until softened.
2. Add mushrooms and cook for about 3 minutes or until softened.
3. Stir in flour and cook for 1 minute.
4. Stir in tomatoes, salt and pepper. Reduce heat to medium low. Simmer for about 5 minutes or until slightly thickened. Stir in sour cream.

Adapted from Alberta Milk *Creamy Tomato Sauce*

### Tips

- To prevent sauce from separating, keep heat on low once all ingredients are added.
- Look for low-sodium or no salt added canned tomatoes in the grocery store.





### Nutrition Facts

Per serving	
<b>Calories 390</b>	%DV*
<b>Fat 16g</b>	21%
<b>Saturated 10g</b>	50%
<b>+ Trans 0.5g</b>	
<b>Carbohydrates 46g</b>	
<b>Fibre 3g</b>	11%
<b>Sugars 7g</b>	7%
<b>Protein 16g</b>	
<b>Cholesterol 45mg</b>	
<b>Sodium 640mg</b>	28%
Potassium 491mg	10%
Calcium 318mg	25%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk and vegetable broth used in analysis

## Easy Creamy Microwave Risotto

*This risotto recipe is a cooked milk dish that demonstrates the use of a microwave. What adjustments should be made when using a microwave instead of an oven to cook a milk dish?*

**Prep time:** 10 minutes

**Cooking time:** 35 minutes

**Yields:** 4 servings

### Ingredients

- 2 tbs (30 ml) butter
- ½ cup (125 ml) thinly sliced green onions
- 1 garlic clove, minced
- 1 cup (250 ml) Arborio or Italian-style rice
- 2 ½ cups (625 ml) low sodium broth
- 1 cup (250 ml) milk
- 2 cups (500 ml) chopped broccoli
- 1 cup (250 ml) grated carrot
- 1 cup (250 ml) shredded aged cheddar cheese
- Fresh ground black pepper to taste
- Grated Parmesan cheese and fresh chopped parsley, optional

### Instructions

1. Melt butter in a deep 2 quart (2 L) microwave safe dish on high for about 20 seconds or until melted.
2. Add onion and garlic, and stir to coat. Cook uncovered on high for 2 to 3 minutes or until onion is softened.
3. Add rice, broth and milk, and stir. Cook uncovered on high for 20 minutes. Stir halfway through cooking.
4. Add broccoli, carrot and broth, and stir. Cook uncovered on high for 5 to 7 minutes or until rice and broccoli are tender.
5. Stir in pepper and cheddar cheese. Cover and let stand for 5 minutes. Sprinkle with Parmesan cheese and parsley if desired.

Adapted from Alberta Milk *Easy Creamy Microwave Risotto*



Nutrition Facts	
Per serving	
<b>Calories 100</b>	%DV*
<b>Fat 5g</b>	6%
<b>Saturated 3g</b>	15%
<b>+ Trans 0g</b>	
<b>Carbohydrates 8g</b>	
<b>Fibre 0g</b>	0%
<b>Sugars 8g</b>	8%
<b>Protein 5g</b>	
<b>Cholesterol 15mg</b>	
<b>Sodium 70mg</b>	3%
Potassium 220mg	4%
Calcium 184mg	15%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot

1% milk used in analysis

## Paneer

Paneer is a staple ingredient in many Indian dishes. How does this recipe illustrate the basic steps in cheese making?

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

**Set time:** 25 minutes

**Yields:** 12 servings of 1 oz

### Ingredients

- 8 cups (2 L) milk
- ¼ cup (60 ml) lemon juice

### Instructions

1. In a large saucepan, bring milk to a boil, stirring frequently. Remove from heat.
2. Add lemon juice. Stir until the milk curdles and separates into curds, or spongy white chunks and whey, a milky water.
3. Line the colander with doubled cheesecloth and set in sink.
4. Pour the mixture into the colander and gently rinse with cool water. Take ends of cheesecloth and twist the ball of cheese to squeeze out excess whey. Hang the cheesecloth and let drain for an extra 5 minutes.
5. Fold cheesecloth to compact the ball of cheese and set on a plate. Put another plate on top and press by setting a heavy pot or weight on the plate.
6. Refrigerate for about 20 minutes. Remove cheesecloth and serve or use in a dish such as palak paneer.



Nutrition Facts	
Per serving	
<b>Calories 360</b>	%DV*
<b>Fat 14g</b>	18%
<b>Saturated 8g</b>	40%
<b>+ Trans 0g</b>	
<b>Carbohydrates 41g</b>	
<b>Fibre 3g</b>	11%
<b>Sugars 9g</b>	9%
<b>Protein 19g</b>	
<b>Cholesterol 55mg</b>	
<b>Sodium 960mg</b>	42%
Potassium 866mg	20%
Calcium 308mg	25%
Iron 2mg	10%

\*5% or less is a little, 15% or more is a lot

1% milk and cheddar used in analysis

## Scalloped Potatoes

This scalloped potato and ham recipe demonstrates the reaction of milk products to tannins and salt. The proteins in milk will coagulate when mixed with tannins and salt, causing curdling or lumps. What cooking processes are used to avoid this curdling?

**Prep time:** 15 minutes

**Cooking time:** 50 minutes to 1 hour

**Yields:** 6 servings

### Ingredients

- 2 tbsp (30 ml) butter
- 3 garlic cloves, minced
- 1 onion, thinly sliced
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) salt
- ¼ tsp (1 ml) pepper
- ¼ cup (60 ml) all-purpose flour
- 3 cups (750 ml) milk
- 1 tbsp (15 ml) grainy or Dijon mustard
- 1½ cups (375 ml) diced smoked ham
- 6 medium potatoes, peeled, thinly sliced
- 1 cup (250 ml) shredded Canadian cheddar or Gouda cheese

### Tips

☑ This recipe can be made without the ham, but it is a great way to use up leftovers. Baked dishes can be cooled, covered and refrigerated for up to one day. Reheat, covered, in a 350° F (180° C) oven for about 45 minutes.

### Instructions

1. Preheat oven to 350° F (180° C). Lightly butter a 13 x 9 inch (33 x 23 cm) glass baking dish.
2. In large pot, melt butter over medium heat, then add garlic, onion, thyme, salt and pepper. Cook, stirring, for about 5 minutes or until softened.
3. Sprinkle with flour then cook, stirring, for 30 seconds. Gradually whisk in milk and mustard; bring to a boil, stirring. Cook, stirring, for about 5 minutes or until thickened.
4. Remove from heat and stir in ham. Add potatoes and toss gently to coat in sauce.
5. Spread evenly into prepared dish. Sprinkle with cheese.
6. Bake, uncovered, for about 50 minutes or until golden and bubbling and potatoes are tender. Let stand for 10 minutes before serving.



Watch a video that shows how to make scalloped potatoes and look for similarities and differences at

[www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/herb-sweet-onion-scalloped-potatoes](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/herb-sweet-onion-scalloped-potatoes).

Adapted from Canadian Goodness *Scalloped Potatoes*



Nutrition Facts	
Per serving	
<b>Calories 130</b>	%DV*
<b>Fat 1.5g</b>	2%
Saturated 1g	5%
+ Trans 0g	
<b>Carbohydrates 24g</b>	
Fibre 1g	4%
Sugars 15g	15%
<b>Protein 6g</b>	
<b>Cholesterol 5mg</b>	
<b>Sodium 75mg</b>	3%
Potassium 444mg	10%
Calcium 201mg	15%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk and plain yogurt used in analysis

## Tropical Green Smoothie

This simple smoothie recipe demonstrates how a citrus fruit, such as pineapple, can be combined with milk. If left for a while, the mixture can curdle because of the reaction of the milk protein to the acid in the fruit. How can curdling be prevented?

**Prep time:** 5 minutes

**Yields:** 3 servings

### Ingredients

- ½ cup (125 ml) milk
- ½ cup (125 ml) yogurt
- ½ cup (125 ml) fresh or frozen spinach or baby kale
- ½ cup (125 ml) frozen pineapple
- ¼ cup (60 ml) 100% juice
- ½ banana

### Instructions

1. Add all ingredient to a blender and blend until smooth.
2. Pour into serving glasses.



Watch a video that shows how to make fruit smoothies and look for similarities and differences at [www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/any-day-any-time-smoothies](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/any-day-any-time-smoothies).

Adapted from Dairy Farmers of Canada Smoothies 2



Nutrition Facts	
Per serving	
<b>Calories 350</b>	%DV*
<b>Fat 15g</b>	19%
Saturated 9g	45%
+ Trans 0.5g	
<b>Carbohydrates 29g</b>	
Fibre 2g	7%
Sugars 8g	8%
<b>Protein 26g</b>	
<b>Cholesterol 60mg</b>	
<b>Sodium 280mg</b>	12%
Potassium 521mg	10%
Calcium 227mg	15%
Iron 2mg	10%
*5% or less is a little, 15% or more is a lot	

1% milk used in analysis

## Tuna Casserole Deluxe

This tuna casserole provides an example of a **gratin**, a baked dish that is topped with a browned crust, often breadcrumbs and grated cheese.

**Prep time:** 25 minutes

**Cooking time:** 30 minutes

**Yields:** 6 servings

### Ingredients

- 2 cups (500 ml) broad whole wheat egg noodles
- ¼ cup (60 ml) butter
- ½ cup (125 ml) finely chopped onion
- ¼ cup (60 ml) all-purpose flour
- ¾ tsp (3 ml) dried basil
- 3 cups (750 ml) milk
- ¼ cup (60 ml) grated Parmesan cheese
- 2 cups (500 ml) chopped broccoli, cooked
- 2 6½ oz cans (184 g) each low sodium solid tuna in water, drained and flaked
- Salt and pepper to taste
- ½ cup (75 ml) fine dry whole wheat bread crumbs
- 2 tbsp (30 ml) melted butter

### Instructions

1. In large saucepan, cook noodles according to package directions then drain.
2. Preheat oven to 350° F (180° C).
3. In medium saucepan, melt ¼ cup (60 ml) butter. Sauté onion until tender. Blend in flour and basil. Gradually stir in milk. Cook and stir over medium heat until mixture boils and thickens.
4. Remove from heat then add Parmesan cheese and stir until cheese is melted. Fold in noodles, broccoli and tuna. Add salt and pepper to taste.
5. Turn into a 6-cup (1.5 L) shallow rectangular casserole.
6. Combine breadcrumbs and 2 tbsp (30 ml) butter. Sprinkle around outside edge of casserole.
7. Bake 20 minutes or until heated through.



Watch a video that demonstrates a gratin recipe and look for similarities and differences at [www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/spinach-cavatappi-gratin](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/spinach-cavatappi-gratin).

Adapted from Canadian Goodness Tuna Casserole Deluxe

### Variations

- Substitute cheddar cheese for Parmesan cheese.



Nutrition Facts	
Per serving	
<b>Calories</b> 340	%DV*
<b>Fat</b> 18g	23%
<b>Saturated</b> 10g	50%
<b>+ Trans</b> 1g	
<b>Carbohydrates</b> 34g	
<b>Fibre</b> 1g	4%
<b>Sugars</b> 4g	4%
<b>Protein</b> 10g	
<b>Cholesterol</b> 45mg	
<b>Sodium</b> 590mg	26%
Potassium 329mg	8%
Calcium 202mg	15%
Iron 2mg	10%

\*5% or less is a little, 15% or more is a lot

1% milk and frozen mixed vegetables used in analysis

## Vegetable Pot Pie with Cheddar Biscuit

This vegetable pot pie recipe is a cooked milk dish that includes a cheddar biscuit topping. Both the filling and biscuit topping are made with milk. What function does the milk have in both parts of this dish?

**Prep time:** 20 minutes

**Cooking Time:** 35 minutes

**Yields:** 6 servings

### Ingredients

#### Filling

- 3 tbsp (45 ml) butter
- 1 onion, diced
- 3 tbsp (45 ml) all-purpose flour
- 1 cup (250 ml) milk
- Salt and pepper to taste
- ¼ tsp (1 ml) dried thyme
- 1 package (1 lb) frozen vegetables

#### Cheddar Biscuit Topping

- 1 cup (250 ml) all-purpose flour
- 1½ tsp (7 ml) baking powder
- 3 tbsp (45 ml) cold butter
- ¼ tsp (1 ml) salt
- ½ cup (125 ml) shredded cheddar
- ½ cup (125 ml) milk

### Instructions

#### Filling

1. Sauté onions and butter over medium heat until soft and transparent. Add flour and continue to sauté for about 2 min. Whisk in milk until no lumps remain. Add salt, thyme, and pepper. Allow milk to simmer, whisking often, until it thickens.
2. Whisk in broth and bring to a simmer again. You should now have a thick, creamy sauce. Add frozen vegetables and stir. Turn heat down to low and allow mixture to heat through, stirring occasionally.

#### Topping

1. Preheat oven to 425° F (220° C). In a bowl, whisk together flour, baking powder and salt until well combined. Cut the butter into several chunks, add it to the flour mixture, then use your hands or a pastry cutter to work the butter into the flour until the mixture resembles damp sand. Stir in cheddar.
2. Add milk to biscuit mixture and stir until a dough forms. Turn the dough out onto a lightly floured surface and press it down flat, then cut into 6 biscuits. Place the biscuits over top of the vegetable pot pie mixture.
3. Bake in skillet for 18-20 min, or until biscuits are golden brown on top and the filling is bubbly around the edges.

Adapted from Budget Bytes Vegetable Pot Pie Skillet with Cheddar Biscuit Topping



Nutrition Facts	
Per serving	
<b>Calories</b> 170	%DV*
<b>Fat</b> 7g	9%
<b>Saturated</b> 4g	20%
<b>+ Trans</b> 0g	
<b>Carbohydrates</b> 18g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 18g	18%
<b>Protein</b> 8g	
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 50mg	2%
Potassium 173mg	4%
Calcium 131mg	10%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot

1% milk and plain Greek yogurt used in analysis

## Yogurt Panna Cotta

This creamy cocoa pudding demonstrates how milk is used as a thickening agent. How do principles of protein cooking apply to this recipe?

**Prep time:** 10 minutes  
**Cooking time:** 10 minutes  
**Set time:** 2 hours  
**Yields:** 8 servings

### Ingredients

- 4 tbsp (60 ml) water
- 1 packet (2½ tsp) unflavoured gelatin
- 2 cups (500 ml) Greek yogurt
- 2 cups (500 ml) milk, divided
- ½ cup (125 ml) granulated sugar
- 2 tbsp (30 ml) lemon juice

### Instructions

1. COMBINE gelatin and water and let soften (15 min).
2. In a large bowl, WHISK yogurt and 1 cup (250 ml) of milk together.
3. In a small saucepan, bring remaining milk and sugar to a SIMMER. Stir in gelatin mixture and remove from heat.
4. WHISK this mixture into the yogurt mixture. Stir in lemon juice.
5. POUR mixture into small dishes, COVER with plastic wrap and refrigerate approximately 2 hours until set.

Adapted from Smitten Kitten *Yogurt Panna Cotta with Walnuts and Honey*

### Tips

- When cooking, stir constantly and keep heat at medium to low.



# Cheese Dishes

These pages contain recipes and nutritional values for the following cooked cheese dishes.

- cheese fondue
- easy macaroni and cheese
- personal pizzas
- stuffed pasta shells



Nutrition Facts	
Per serving	
<b>Calories</b> 280	%DV*
<b>Fat</b> 20g	26%
<b>Saturated</b> 12g	60%
<b>+ Trans</b> 0.5g	
<b>Carbohydrates</b> 8g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 5g	5%
<b>Protein</b> 17g	
<b>Cholesterol</b> 60mg	
<b>Sodium</b> 420mg	18%
Potassium 189mg	4%
Calcium 500mg	40%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot  
1% milk used in analysis

## Cheese Fondue

Cheese fondues demonstrate how different types of cheeses will melt with heat. Why is lemon added if the cheese does not blend easily?

**Prep time:** 10 minutes

**Cooking time:** 10 to 15 minutes

**Yields:** 4 servings

### Ingredients

- 1½ cups (375 ml) milk
- 1 clove garlic, minced
- 2 tbsp (30 ml) all-purpose flour
- 1 tsp (5 ml) dry or Dijon mustard
- 2 cups (500 ml) shredded cheddar
- Lemon juice

### Instructions

1. Whisk together milk, garlic, flour and mustard. Cook over medium heat, whisking constantly, for about 7 min or until starting to simmer and thicken.
2. Reduce heat and add Canadian Cheddar cheese. Stir continuously in a figure-eight pattern to avoid lumps. Add drops of lemon juice, as necessary, if cheese does not blend easily.
3. Cook, whisking continuously for 3 to 5 min or until slightly thickened and silky smooth.
4. Transfer to a fondue pot and place over tabletop burner. Serve with chopped raw vegetables, strips of cooked chicken breast and/or cubed whole-grain bread.



Watch a video that demonstrates different steps for making a cheese fondue at <https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/kids-favourite-cheese-fondue>.

Adapted from Canadian Goodness Friday Night Cheese Fondue



### Nutrition Facts

Per serving

<b>Calories</b> 490	%DV*
<b>Fat</b> 23g	29%
<b>Saturated</b> 14g	70%
+ <b>Trans</b> 1g	
<b>Carbohydrates</b> 53g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 8g	8%
<b>Protein</b> 21g	
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 340mg	22%
Potassium 374mg	8%
Calcium 407mg	30%
Iron 2mg	10%

\*5% or less is a little, 15% or more is a lot

1% milk used in analysis

## Easy Macaroni and Cheese

*Macaroni and cheese is a classic cooked cheese dish that illustrates how cheese can act as an acid when combined with milk. How are basic principles of protein cookery applied in this recipe?*

**Prep time:** 15 minutes

**Cooking time:** 20 minutes

**Yields:** 4 servings

### Ingredients

- 2 cups (500 ml) whole wheat elbow macaroni
- 1 cup (250 ml) Canadian cheddar cheese, grated
- 1 recipe Basic White Sauce

### Instructions

1. Prepare one recipe of Basic White Sauce (Milk Dishes)
2. While the white sauce is still hot, add the grated cheddar cheese  $\frac{1}{2}$  cup at a time and mix well.
3. Cook the elbow macaroni as per the package instructions making sure you do not overcook it. Al dente is best.
4. Drain – do not rinse – and fold the cooked macaroni into the now prepared cheese sauce.

Adapted from Canadian Goodness *Easy Creamy Mac and Cheese*

### Variations

- Try using different cheeses, such as Gouda or Swiss, in the white sauce.
- Add more flavour and colour to your Mac and Cheese by including cooked red lentils, steamed vegetables, pureed squash, cooked chicken, etc. The combinations are endless!

### Tips

- Cheese acts like an acid so you must add it slowly and stir constantly to prevent clumping. Keep sauce on a low heat to help prevent curdling or scorching.



Nutrition Facts	
Per serving	
<b>Calories</b> 280	%DV*
<b>Fat</b> 15g	19%
Saturated 9g	45%
+ Trans 0g	
<b>Carbohydrates</b> 24g	
Fibre 3g	11%
Sugars 4g	4%
<b>Protein</b> 14g	
<b>Cholesterol</b> 45mg	
<b>Sodium</b> 530mg	23%
Potassium 331mg	8%
Calcium 363mg	30%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk, peppers, mushrooms, broccoli used in analysis

## Personal Pizzas

Pizzas are popular, easy to make baked cheese dishes. How would different cheese toppings affect baking time?

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

**Yields:** 6 servings

### Ingredients

#### Crust

- 1 ¼ cups (310 ml) all-purpose flour
- 1 cup (250 ml) whole wheat flour
- 1 tbsp (15 ml) baking powder
- 1 tsp (5 ml) dried oregano
- ¼ tsp (1 ml) salt
- 1 cup (250 ml) milk
- ¼ cup (60 ml) butter

#### Topping

- ⅔ cup (150 ml) low sodium pizza sauce
- 1 ½ cups (375 ml) diced vegetables (e.g., peppers, mushrooms, broccoli)
- 1 ½ cups (375 ml) shredded Mozzarella cheese

### Instructions

1. Place a large baking sheet upside down on middle rack of oven and preheat oven to 425° F (220° C). Grease one or two more large baking sheets.
2. In large bowl, combine flours, baking powder, dried oregano and salt. Pour in milk and butter. Stir with a fork until soft dough forms.
3. Turn out onto lightly floured surface and knead a couple of times just until smooth.
4. Divide into six pieces. Roll or pat into 6-inch (15 cm) circles and place on prepared baking sheets.
5. Spread pizza sauce on each crust, leaving ½-inch (1 cm) border. Sprinkle with vegetables, ham and cheese.
6. Place pizzas on baking sheet on top of the hot baking sheet in oven. Bake for 12 to 15 minutes or until crust is golden, toppings are hot and cheese is bubbling.
7. Pizzas may have to be baked in two batches.



Watch a video that demonstrates this recipe at

[www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/personal-pizzas](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/personal-pizzas).

Adapted from Canadian Goodness *Personal Pizzas*



## Variations

### Hawaiian

- Use chopped ham, pineapple chunks and Swiss cheese.

### Chicken and Veggies

- Use cooked chicken, cooked broccoli and sun-dried tomatoes.

### Cheeseburger

- Use cooked ground beef, sautéed onions and cheddar cheese. After baking, top with fresh diced tomatoes.

### Shrimp Pesto

- Use pesto instead of tomato sauce and top with Mozzarella. After baking, top with cooked shrimp.

### Tostada

- Use salsa instead of tomato sauce and top with black beans and cheddar cheese. After baking, top with fresh diced tomatoes and shredded lettuce.

### Greek

- Use hummus instead of tomato sauce and top with red onions, black olives and feta cheese. After baking, top with fresh diced tomatoes and cucumbers.

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## Tips

- Preheating a baking sheet helps make a crispy pizza crust. Use a pizza stone instead if you have one. If you have perforated pizza pans, you don't need the hot baking sheet.



Nutrition Facts	
Per serving	
<b>Calories</b> 380	%DV*
<b>Fat</b> 16g	21%
Saturated 8g	40%
+ Trans 0g	
<b>Carbohydrates</b> 36g	
Fibre 0g	0%
Sugars 8g	8%
<b>Protein</b> 24g	
<b>Cholesterol</b> 80mg	
<b>Sodium</b> 420mg	18%
Potassium 683mg	15%
Calcium 514mg	40%
Iron 3mg	15%
*5% or less is a little, 15% or more is a lot	

## Stuffed Pasta Shells

These stuffed pasta shells combine egg and cheeses in a baked dish.

**Prep time:** 20 minutes  
**Cooking time:** 35 minutes  
**Yields:** 6 servings

### Ingredients

- 16 (6 oz, 250 g) jumbo pasta shells
- 2 cups (500 ml) ricotta cheese
- 1 cup (250 ml) shredded mozzarella cheese
- ½ cup (125 ml) shredded Parmesan cheese
- 1 pkg (10 oz) 300 g frozen chopped spinach, thawed and squeezed dry
- 1 egg, lightly beaten
- 1 tbsp (15 ml) italian seasoning
- ⅛ tsp (0.5 ml) pepper
- 1 jar (650 ml) low sodium pasta sauce

### Instructions

1. Preheat oven to 375° F (190° C).
2. Cook pasta shells according to package instructions. Drain and allow to cool slightly.
3. Meanwhile, mix ricotta, ½ cup (125 ml) mozzarella, ¼ cup (60 ml) Parmesan, spinach, egg, Italian seasoning and pepper in a medium bowl.
4. Spread ½ cup (125 ml) of pasta sauce in the bottom of a 9x13 inch (22x33 cm) pan.
5. Spoon about 2 tbsp (30 ml) of filling into each cooked shell and place in the pan. Pour remaining pasta sauce on top.
6. Bake for 30 minutes. Remove from oven and sprinkle remaining cheese over top. Bake for about 5 minutes or until cheese melts.

Adapted from Alberta Milk *Stuffed Pasta Shells*

### Variations

- Use cottage cheese instead of ricotta cheese.

### Tips

- Cook a few extra pasta shells as some may break during cooking.
- Do not overcook pasta shells as they will lose their shape. They should be cooked just until **al dente**, which means tender but firm.

# Egg Dishes

These pages contain recipes and nutritional values for the following egg dishes.

- baked chicken fingers
- basic devilled eggs
- basic fried eggs
- basic mayonnaise
- basic meatballs
- basic omelette
- basic soufflé
- basic stovetop scrambled eggs
- béarnaise sauce
- eggs benedict
- hollandaise sauce
- meringue kisses
- quiche
- zucchini sticks



Nutrition Facts	
Per serving	
<b>Calories</b> 270	%DV*
<b>Fat</b> 4g	5%
Saturated 1g	5%
+ Trans 0g	
<b>Carbohydrates</b> 25g	
Fibre 1g	4%
Sugars 1g	1%
<b>Protein</b> 32g	
<b>Cholesterol</b> 115mg	
<b>Sodium</b> 380mg	38%
Potassium 359mg	8%
Calcium 23mg	2%
Iron 3mg	8%
*5% or less is a little, 15% or more is a lot	

## Baked Chicken Fingers

This breaded and baked chicken fingers recipe demonstrates the use of eggs as a coating agent. How do the eggs bind the breaded coating?

**Prep time:** 10 minutes

**Cooking time:** 25 minutes

**Yields:** 4 servings

### Ingredients

- ½ cup (125 ml) flour
- 1 egg
- 1 tbsp (15 ml) water
- ½ cup (125 ml) whole wheat panko bread crumbs
- ¼ cup (60 ml) cornmeal
- 1 tsp (5 ml) paprika
- ½ tsp (2 ml) salt
- ¼ tsp (1 ml) pepper
- 2 boneless, skinless chicken breasts

### Instructions

1. Preheat oven to 375° F (190° C). Grease a rimmed baking sheet or line with nonstick foil or parchment paper.
2. Place flour in a pie plate.
3. Beat together egg and water in a second pie plate.
4. Combine panko, cornmeal, paprika, salt and pepper in a third pie plate.
5. Slice chicken into eight strips.
6. Working with one strip at a time, dredge strips in flour mixture shaking off excess. Dip strips into egg mixture, turning to coat both sides. Place strips in panko mixture, pressing lightly so that panko mixture adheres; turn to coat both sides. Place strips in a single layer on prepared pan.
7. Bake until strips are completely cooked and coating is golden brown, about 20 to 25 minutes.



Watch a video that demonstrates a breaded and baked chicken fingers recipe and look for similarities and differences at

[www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/oven-baked-chicken-fingers-zesty-caesar-dip](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/oven-baked-chicken-fingers-zesty-caesar-dip).

Adapted from Atco Blue Flame Kitchen *Panko-Crusted Chicken Fingers*

### Tips

- Try dipping chicken fingers in yogurt dill dip, bbq sauce, Thai chili sauce or plum sauce.





Nutrition Facts	
Per serving	
<b>Calories 50</b>	%DV*
<b>Fat 4g</b>	5%
Saturated 1g	5%
+ Trans 0g	
<b>Carbohydrates 1g</b>	
Fibre 0g	0%
Sugars 0g	0%
<b>Protein 3g</b>	
<b>Cholesterol 90mg</b>	
<b>Sodium 65mg</b>	3%
Potassium 31mg	0%
Calcium 12mg	0%
Iron 0mg	0%
*5% or less is a little, 15% or more is a lot	

## Basic Devilled Eggs

Devilled eggs demonstrate the use of the eggs as an emulsifying agent in the mayonnaise. Why are pasteurized liquid eggs used to make mayonnaise in this recipe?

**Prep time:** 15 minutes

**Yields:** 24 servings

### Ingredients

#### Mayonnaise\*

- ¼ cup (60 ml) pasteurized liquid eggs, well shaken
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) Dijon mustard
- Pinch each of salt and pepper
- ⅔ cup (150 ml) canola oil

#### Devilled Eggs

- 12 hard-cooked eggs, peeled
- ¼ cup (60 ml) mayonnaise
- 2 tsp (10 ml) Dijon mustard
- ¼ tsp (1 ml) salt
- ¼ tsp (1 ml) pepper
- Pinch of paprika (optional)

\*This mayonnaise recipe yields one cup (250 ml), so not all will be used in the devilled eggs.

### Instructions

#### Mayonnaise

1. In a blender, combine all ingredients.
2. Blend well and serve.
3. Keep unused mayonnaise refrigerated.

#### Devilled Eggs

1. Cut eggs in half lengthwise.
2. Remove yolks and place in medium bowl. Set egg whites aside.
3. Mash yolks with fork and stir in mayonnaise, mustard, salt and pepper.
4. Spoon or pipe yolk mixture into egg white halves.
5. Sprinkle paprika over top, if desired.
6. Serve immediately or cover and store in refrigerator. Serve within two days.



Watch a video that shows how to hard cook an egg at <https://www.eggs.ca/eggs101/view/6/how-to-make-the-perfect-hard-boiled-egg>.

Adapted from Egg Farmers of Canada *Basic Devilled Eggs* and Burnbrae Farms *Omega Pro Mayonnaise*



## Variations

Start with the first three ingredients in the basic recipe: 12 hard-cooked peeled eggs, ¼ cup (60 ml) mayonnaise and 2 tsp (10 ml) Dijon mustard. Then, add any of the following ingredient combinations to the yolk mixture.

### Smoked Salmon

½ cup (125 ml) finely chopped smoked salmon; 4 tsp (20 ml) capers, minced; ¼ tsp (1 ml) pepper; 2 tbsp (30 ml) chopped fresh dill; 1 tsp (5 ml) lemon juice

Garnish with smoked salmon and/or dill if desired.

### Dill

4 tsp (20 ml) finely chopped roasted red pepper; 1 tsp (5 ml) dried dill; ½ tsp (2 ml) lemon juice; pinch salt; pinch pepper

Garnish with red pepper strips and/or black caviar if desired.

### California-Style

2 tbsp (30 ml) finely chopped, drained oil-packed sun-dried tomatoes; 4 tsp (20 ml) chopped fresh basil; 1 tsp (5 ml) balsamic vinegar; ¼ tsp (1 ml) salt; pinch pepper

Garnish with chopped sun-dried tomatoes and/or small fresh basil leaves if desired.

## Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ How to hard cook eggs:
  - Place cold eggs in a single layer in a saucepan. Cover with at least 1 inch (2.5 cm) cold water over tops of the eggs.
  - Cover saucepan and bring quickly to a boil over high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 18 to 23 minutes.
  - Drain water and immediately run cold water over eggs until cooled.
  - Rapid cooling helps prevent a grey ring from forming around the yolks.
- ☑ How to peel hard-cooked eggs:
  - Crackle the shell all over by tapping the egg on a hard surface, then roll the egg between your hands to loosen the shell.
  - Begin peeling at the large end.
  - Hold the egg under cold running water or dip it in a bowl of water to help remove the shell.
- ☑ To determine whether an egg is hard-cooked or raw, spin it. If it spins round and round evenly, it is hard-cooked. If it wobbles while spinning, it is a raw egg.



### Nutrition Facts

Per serving	
<b>Calories</b> 150	%DV*
<b>Fat</b> 11g	14%
Saturated 3g	15%
+ Trans 0g	
<b>Carbohydrates</b> 1g	
Fibre 0g	0%
Sugars 1g	1%
<b>Protein</b> 12g	
<b>Cholesterol</b> 385mg	
<b>Sodium</b> 130mg	6%
Potassium 120mg	2%
Calcium 47mg	4%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

## Basic Fried Eggs

Fried eggs are usually thought of as a breakfast food, but add protein to other meals as well. What principles of protein cookery apply when frying eggs?

**Prep time:** 1 minute

**Cooking time:** 1 minute

**Yields:** 1 serving

### Ingredients

- 2 eggs
- Salt and pepper (optional)

### Instructions

1. Spray small non-stick skillet with cooking spray. Heat skillet over medium heat.
2. Break eggs into skillet. Cook until done as desired.
3. Transfer eggs to plate, yolk up. Season with salt and pepper if desired.
4. For sunny-side up, cook just until whites are set.
5. For over-easy, cook until whites are set. Turn over and cook just long enough for a white film to form over yolks, about 30 seconds.
6. For over well, cook until whites are set. Turn eggs over and cook until eggs are completely set, about 1 minute.
7. For well done or steam-fried eggs, prepare sunny-side up eggs. Cover skillet during last minute of cooking, or spoon 1 tsp (5 ml) water over each egg and cover pan. Cook until done as desired.

Adapted from Egg Farmers of Canada *Basic Fried Eggs*



## Variations

### Egg Burger

Break egg into moderately hot non-stick skillet. Break yolk with edge of spatula. When egg white is set, turn over and cook other side. Place egg on warmed or toasted hamburger bun. Top with garnishes, such as tomato slice, lettuce, cooked mushrooms, red or green peppers, crisp cooked bacon, pickles, relish or ketchup. To make a Cheesy Egg Burger, place a cheese slice on top of egg while egg finishes cooking.

### Pizza Eggs

Break two eggs into moderately hot non-stick skillet. Sprinkle finely chopped cooked bacon or pepperoni and Parmesan cheese over top. Cook over low heat for about 1 minute. Add 1 tsp (5 ml) water and cover pan. While eggs are cooking, spread 1 tbsp (15 ml) warmed pizza or tomato sauce on each half of toasted English muffin. When eggs are cooked as desired, place on English muffin halves.

### Pita Eggs

Break two eggs into moderately hot non-stick skillet so they touch each other. Break each yolk gently with spatula. Sprinkle chili powder and pepper over top. Cook as desired. Spread inside of a pita pocket with light mayonnaise and line with tomato slices and lettuce leaves. Tuck fried eggs inside pita, folding slightly if necessary.

### Shaped Fried Eggs

Choose simple cookie cutters, such as flowers, circles, stars or hearts, that are approximately 3 inches (8 cm) in diameter. Spray the inside of the cookie cutters with cooking spray and place in moderately hot non-stick skillet. Break an egg into each cookie cutter. Cook slowly until eggs are set. Remove cookie cutters, using a small pointed knife to help loosen eggs if necessary.

### Pepper-Ringed Eggs

Follow recipe for Shaped Fried Eggs but use 1-inch (2.5 cm) rings cut from a seeded red or green pepper.



Nutrition Facts	
Per serving	
<b>Calories 80</b>	%DV*
<b>Fat 9g</b>	12%
Saturated 0.5g	3%
+ Trans 0g	
<b>Carbohydrates 0g</b>	
Fibre 0g	0%
Sugars 0g	0%
<b>Protein 0g</b>	
<b>Cholesterol 0mg</b>	
<b>Sodium 15mg</b>	1%
Potassium 10mg	0%
Calcium 4mg	0%
Iron 0mg	0%
*5% or less is a little, 15% or more is a lot	

## Basic Mayonnaise

Mayonnaise demonstrates the use of eggs as an emulsifying agent. What is the role of the lemon juice in this recipe?

**Prep time:** 5 minutes

**Yields:** 1 cup (approximately 16 tbsp)

### Ingredients

- ¼ cup (60 ml) pasteurized liquid eggs, well shaken
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) Dijon mustard
- Pinch of each salt and pepper
- ⅔ cup (150 ml) canola oil

### Instructions

1. In a blender, combine all ingredients.
2. Blend well and serve.
3. Keep unused mayonnaise refrigerated.

Adapted from Burnbrae Farms *Omega Pro Mayonnaise*

### Variations

Add one of the following to basic mayonnaise and blend.

#### Roasted Garlic

- 1 tbsp (15 ml) mashed roasted garlic

#### Bombay

- ¾ tsp (3 ml) mild Indian curry paste

#### Garden Herb

- 1 to 2 tbsp (15-30 ml) chopped fresh basil, thyme or chives

#### California

- 1 tbsp (15 ml) sun-dried tomato paste

#### Spicy Stampede

- 2 tsp (10 ml) spiced cayenne chipotle sauce

### Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.



### Nutrition Facts

Per serving	
<b>Calories 250</b>	%DV*
<b>Fat 10g</b>	13%
Saturated 4g	20%
+ Trans 0g	
<b>Carbohydrates 10g</b>	
Fibre 0g	0%
Sugars 2g	2%
<b>Protein 27g</b>	
<b>Cholesterol 110mg</b>	
<b>Sodium 150mg</b>	7%
Potassium 427mg	10%
Calcium 24mg	2%
Iron 3mg	15%

\*5% or less is a little, 15% or more is a lot

## Basic Meatballs

This meatball recipe demonstrates the use of eggs as a binding agent.

**Prep time:** 15 minutes

**Cooking time:** 15 minutes

**Yields:** 4 servings

### Ingredients

- 1 lb (500 g) extra lean ground beef
- 1 lightly beaten egg
- ½ cup (125 ml) dry whole wheat bread crumbs
- ⅓ cup (75 ml) finely grated carrot
- ⅓ cup (75 ml) shredded onion
- 1 tbsp (15 ml) Worcestershire sauce
- ½ tsp (2 ml) pepper

### Instructions

1. Preheat oven to 400° F (200° C).
2. Lightly combine all ingredients; form into about 28 one-inch (2.5 cm) balls.
3. Bake on a lightly oiled foil-lined baking tray for 15 minutes, until digital rapid-read thermometer inserted into centre of several meatballs reads 160° F (71° C).



Watch a video that demonstrates a stuffed meatball recipe and look for similarities and differences at <https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/cheddar-stuffed-meatballs-rosemary>.

Used with permission from Government of Alberta: Healthy U All Kinds O' Meatballs

### Variations

#### Italian

- Add 2 tbsp (30 ml) low sodium pizza sauce and 1 tsp (5 ml) dried oregano. Serve with extra pizza sauce or spaghetti sauce.

#### Asian

- Add 2 tbsp (30 ml) hoisin sauce and ½ tsp (2 ml) ground ginger. Serve with peanut sauce or sweet and sour sauce.

#### Mexican

- Add 1 tbsp (15 ml) chili powder and 2 minced garlic cloves. Serve with salsa.



## Nutrition Facts

Per serving

<b>Calories 150</b>	%DV*
<b>Fat 11g</b>	14%
<b>Saturated 3g</b>	15%
<b>+ Trans 0g</b>	
<b>Carbohydrates 1g</b>	
<b>Fibre 0g</b>	0%
<b>Sugars 1g</b>	1%
<b>Protein 12g</b>	
<b>Cholesterol 385mg</b>	
<b>Sodium 130mg</b>	6%
Potassium 120mg	2%
Calcium 47mg	4%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

## Basic Omelette

Omelettes are a cooked egg dish that can be filled with a range of different foods to make a multitude of dishes. Why must the egg white and yolk be well mixed together?

**Prep time:** 2 minutes

**Cooking time:** 4 minutes

**Yields:** 1 serving

### Ingredients

2 eggs

2 tbsp (30 ml) water

Pinch each of salt and pepper

Filling ingredients, such as cheese, mushrooms, green peppers

### Instructions

1. Whisk eggs, water, salt and pepper.
2. Spray an 8-inch (20 cm) non-stick skillet with with cooking spray. Heat over medium high heat. Pour in egg mixture. As eggs set around edge of skillet, use a spatula to gently push cooked portions toward centre of skillet. Tilt and rotate skillet to allow uncooked egg to flow into empty spaces.
3. When eggs are almost set on surface but still look moist, cover half of omelette with filling. Slip spatula under unfilled side and fold over onto filled half.
4. Cook for a minute, then slide omelette onto a plate.



Watch a video that shows how to cook the <https://www.eggs.ca/eggs101/view/11/how-to-cook-the-perfect-omelette>.

Adapted from Egg Farmers of Canada *Basic Omelette*



## Variations

### Western Omelette

Spray skillet with cooking spray or heat 1 tsp (5 ml) vegetable oil in skillet. Add  $\frac{1}{4}$  cup (50 ml) finely chopped ham, 2 tbsp (30 ml) chopped sweet green pepper and 1 tbsp (15 ml) finely chopped onion. Cook, stirring frequently, until vegetables are tender. Pour in egg mixture and cook as directed in the Basic Omelette recipe.

### Pita Eggwich

Place folded omelette inside a whole wheat pita lined with pesto, Dijon mustard or mayonnaise. Tuck tomato slices and spinach leaves into pita.

### Fine Herbs Omelette

Add 2 tbsp (30 ml) finely chopped parsley, 1 tsp (5 ml) finely chopped green onion,  $\frac{1}{2}$  tsp (2 ml) dried tarragon and  $\frac{1}{8}$  tsp (0.5 ml) finely chopped garlic to egg mixture in the Basic Omelette recipe. Cook as directed.

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## Tips

- Using the proper skillet or pan is important to successful omelette making. The ideal skillet for a 1, 2 or 3-egg omelette is about 8 inches (20 cm) in diameter at the base. It should be shallow with sloping sides to make it easier to slide the omelette out of the skillet and onto a plate.
- An omelette can be made quickly and easier if the skillet is hot when the egg mixture is added. The skillet is hot enough when a drop of water rolls around instead of bursting into steam immediately.
- Preparing individual omelettes, rather than one large one, will result in lighter and fluffier omelettes that are easier to handle.
- The Basic Omelette recipe can be multiplied for as many servings as you need. Use  $\frac{1}{2}$  cup (125 ml) of egg mixture for each 2-egg omelette and  $\frac{3}{4}$  cup (175 ml) for a 3-egg omelette.





Nutrition Facts	
Per serving	
<b>Calories 170</b>	%DV*
<b>Fat 12g</b>	15%
<b>Saturated 6g</b>	30%
<b>+ Trans 0g</b>	
<b>Carbohydrates 6g</b>	
<b>Fibre 0g</b>	0%
<b>Sugars 3g</b>	3%
<b>Protein 10g</b>	
<b>Cholesterol 210mg</b>	
<b>Sodium 450mg</b>	20%
Potassium 185mg	4%
Calcium 85mg	6%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

*1% milk used in analysis*

## Basic Soufflé

*Soufflés demonstrate how eggs act as a leavening agent. How does this recipe also apply principles of protein cookery?*

**Prep time:** 10 minutes

**Cooking time:** 25 minutes

**Yields:** 4 servings

### Ingredients

- 2 tbsp (30 ml) butter
- 2 tbsp (30 ml) all-purpose flour
- ½ tsp (2 ml) salt
- Pinch of ground pepper
- ¾ cup (175 ml) milk
- 4 eggs
- 2 egg whites
- ¼ tsp (1 ml) cream of tartar

### Instructions

1. Preheat oven to 375° F (190° C).
2. In medium saucepan, melt butter over low heat. Stir in flour, salt and pepper. Cook, stirring constantly, until mixture is smooth and bubbly. Stir in milk all at once. Continue stirring until mixture boils and is smooth and thickened.
3. Separate eggs. Beat yolks well and add ¼ cup (50 ml) of warm sauce mixture to egg yolks.
4. Combine yolk mixture with remaining sauce, blending thoroughly. If desired, add finely chopped filling ingredients and seasoning, stirring into the white sauce until well blended (see variations). Set sauce aside to cool slightly.
5. In a large bowl, beat egg whites and cream of tartar until stiff but not dry. Fold some of the egg whites into the sauce to make it lighter, then gently but thoroughly fold the sauce into the remaining egg whites.
6. Carefully pour into a 4-cup (1 L) soufflé or casserole dish.
7. Bake for 20 to 25 minutes until puffed and lightly browned. Serve immediately.

Adapted from Egg Farmers of Canada *Basic Soufflé*



## Variations

### Cheese Soufflé

- Stir 1 cup (250 ml) grated Swiss cheese and 2 tbsp (30 ml) chopped green onions into sauce mixture.

### Crab Soufflé

- Stir 1 can (6 oz/170 g) crab meat, drained, ½ tsp (2 ml) each dried thyme and curry powder and ¼ tsp (1 ml) garlic salt into sauce mixture.

### Vegetable Soufflé

- Stir 1 cup (250 ml) cooked shredded carrots, ½ cup (125 ml) grated cheddar cheese and ¼ tsp (1 ml) dried dill weed into sauce mixture.

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## Tips

- Never add egg yolks to a hot sauce all at once as they may begin to coagulate too rapidly and form lumps.
- It is easier to separate the white from the yolk when an egg is cold.
- A small funnel is handy for separating egg whites from yolks. Place the funnel over a measuring cup. Crack the egg over the funnel. The white will run through and the yolk will remain in the funnel.
- To make a collar for a soufflé if needed, cut a strip of aluminum foil, double thickness, 4 inches (10 cm) wide and long enough to go around the dish, allowing for at least a 3-inch (8 cm) overlap. Wrap it around the outside of the dish and fasten with string. The collar should extend 2 to 3 inches (5 to 8 cm) above the rim of the dish.



Nutrition Facts	
Per serving	
<b>Calories</b> 170	%DV*
<b>Fat</b> 11g	14%
<b>Saturated</b> 3.5g	18%
<b>+ Trans</b> 0g	
<b>Carbohydrates</b> 3g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 2g	2%
<b>Protein</b> 13g	
<b>Cholesterol</b> 385mg	
<b>Sodium</b> 150mg	7%
Potassium 166mg	4%
Calcium 85mg	6%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk used in analysis

## Basic Stovetop Scrambled Eggs

Scrambled eggs are a versatile cooked egg dish. What causes the eggs to coagulate when scrambling them?

**Prep time:** 2 minutes

**Yields:** 1 serving

**Cooking time:** 2 minutes

### Ingredients

- 2 eggs
- 2 tbsp (30 ml) milk
- Pinch each of salt and pepper



Watch a video that shows how to make stovetop scrambled eggs at <https://www.eggs.ca/eggs101/view/5/how-to-make-scrambled-eggs>.

Adapted from Egg Farmers of Canada *Basic Stovetop Scrambled Eggs*

### Instructions

1. Whisk eggs, milk, salt and pepper in small bowl.
2. Spray skillet with cooking spray. Heat skillet over medium high heat until hot enough to sizzle a drop of water.
3. Pour in egg mixture and immediately reduce heat to medium low, As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.
4. Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.

### Variations

- Scramble eggs with ¼ cup (50 ml) shredded cheddar or Mozzarella cheese.
- Scramble eggs with ¼ cup (50 ml) well-drained salsa and ¼ cup (50 ml) shredded Tex-Mex cheese blend.
- Sauté 1 chopped small zucchini and 1 diced small onion in 1 tsp (5 ml) vegetable oil until softened. Add 1½ cups (375 ml) low sodium pasta sauce with garden vegetables; simmer for 5 minutes and set aside. Scramble 6 eggs with ¼ cup (75 ml) milk. Spoon pasta sauce mixture over eggs.

### Tips

- Add chopped fresh or dried herbs to whisked eggs before scrambling, or sprinkle with fresh herbs over scrambled eggs before serving.
- Although it's best to serve scrambled eggs immediately after cooking, you can keep them warm for a short time by covering and placing them over a pan of hot water instead of holding them over direct heat.
- Slow cooking will create scrambled eggs that are fluffy, creamy and thick.



### Nutrition Facts

Per serving	
<b>Calories</b> 120	%DV*
<b>Fat</b> 13g	17%
Saturated 8g	40%
+ Trans 0.5g	
<b>Carbohydrates</b> 0g	
Fibre 0g	0%
Sugars 0g	0%
<b>Protein</b> 1g	
<b>Cholesterol</b> 105mg	
<b>Sodium</b> 95mg	4%
Potassium 14mg	0%
Calcium 13mg	2%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot

## Béarnaise Sauce

Béarnaise sauce demonstrates the use of eggs as an emulsifying agent. Why is a whisk an effective kitchen implement to use when preparing this recipe?

**Prep time:** 5 minutes

**Cooking time:** 3 minutes

**Yields:** 8 servings

### Ingredients

- 3 egg yolks
- ¼ cup (60 ml) water
- 1 tbsp (15 ml) tarragon vinegar
- Pinch each of salt and cayenne pepper
- ½ cup (125 ml) butter, melted
- 1 tbsp (15 ml) chopped fresh parsley
- ½ tsp (2 ml) dried tarragon

### Instructions

1. In a bowl, whisk egg yolks in glass or stainless steel bowl until frothy. Then, whisk in tarragon vinegar, cayenne pepper and salt.
2. Place bowl over saucepan of simmering water and heat. Whisk constantly until egg mixture turns pale yellow, thickens slightly and increases in volume. Remove from heat.
3. Slowly whisk in melted butter until sauce is smooth and thickened. Whisk in parsley and tarragon.
4. Serve warm.

Adapted from Egg Farmers of Canada Béarnaise Sauce Variation

### Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ Curdling may occur due to over-beating or adding butter too quickly. To rescue a curdled sauce, place 1 tbsp (15 ml) water in a medium bowl. Whisk a small amount of separated sauce into water until it becomes smooth. Keep adding sauce slowly, while continuing to whisk vigorously.
- ☑ Serve warm Béarnaise sauce over grilled vegetables, meats or crepes.



### Nutrition Facts

Per serving	
<b>Calories 470</b>	%DV*
<b>Fat 40g</b>	51%
<b>Saturated 18g</b>	90%
<b>+ Trans 1.5g</b>	
<b>Carbohydrates 20g</b>	
<b>Fibre 4g</b>	14%
<b>Sugars 4g</b>	4%
<b>Protein 12g</b>	
<b>Cholesterol 390mg</b>	
<b>Sodium 380mg</b>	17%
Potassium 466mg	10%
Calcium 142mg	10%
Iron 2mg	10%

\*5% or less is a little, 15% or more is a lot

## Eggs Benedict

Eggs Benedict is a classic breakfast dish that combines poached eggs with Hollandaise sauce. In the Hollandaise sauce, the eggs act as an emulsifying agent between the lemon juice and the butter.

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

**Yields:** 8 servings

### Ingredients

- Water
- Vinegar
- 4 eggs
- 2 whole wheat English muffins, split and toasted
- 4 slices tomato
- 4 slices avocado
- 1 recipe Hollandaise sauce

### Instructions

1. Poach eggs with one of the following methods:
  - a. Stovetop poaching method
 

Fill saucepan with about 3 inches (8 cm) of water. Add a splash of vinegar. Heat until water simmers gently. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water. Repeat for remaining eggs. Cook in barely simmering water until whites are set and yolks are cooked as desired, 3 to 5 minutes. Remove eggs with slotted spoon and drain well on paper towel.
  - b. Microwave poaching method
 

Pour 1/3 cup (75 ml) water into small deep bowl. Bring to boil on high (100% power). Break eggs, one at a time, and slip into water. Pierce yolk membranes with fork. Cover with plastic wrap, leaving small steam vent. Cook until whites are set and yolks are cooked as desired, 40 to 60 seconds. Let stand, covered, for 1 minute. Remove eggs from bowl and drain well on paper towel.
2. Top each English muffin half with a slice of tomato and avocado, a poached egg and 2 tbsp (30 ml) Hollandaise sauce.



Watch a video that shows how to poach an egg at

[www.eggs.ca/recipes/eggs-benedict](http://www.eggs.ca/recipes/eggs-benedict).

Adapted from Egg Farmers of Canada Eggs Benedict



## Variations

- For stronger lemon flavour, add ¼ tsp (1 ml) grated lemon rind with the lemon juice.
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## Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ Curdling may occur due to over-beating or adding butter too quickly. To rescue a curdled sauce, place 1 tbsp (15 ml) water in a medium bowl. Whisk a small amount of separated sauce into water until it becomes smooth. Keep adding sauce slowly, while continuing to whisk vigorously.
- ☑ Hollandaise sauce may be frozen. To use, thaw in refrigerator. Warm in double boiler over hot, but not boiling, water, stirring constantly. If sauce should separate, use procedure described above.



Nutrition Facts	
Per serving	
<b>Calories 250</b>	%DV*
<b>Fat 27g</b>	35%
<b>Saturated 16g</b>	80%
<b>+ Trans 1.5g</b>	
<b>Carbohydrates 0g</b>	
<b>Fibre 0g</b>	0%
<b>Sugars 0g</b>	0%
<b>Protein 2g</b>	
<b>Cholesterol 205mg</b>	
<b>Sodium 190mg</b>	8%
Potassium 23mg	0%
Calcium 23mg	2%
Iron 1mg	6%
*5% or less is a little, 15% or more is a lot	

## Hollandaise Sauce

Hollandaise sauce demonstrates the use of eggs as an emulsifying agent. What prevents curdling from occurring?

**Prep time:** 5 minutes

**Cooking time:** 5 minutes

**Yields:** 4 servings of 2 tbsp (30 ml) each

### Ingredients

½ cup (125 ml) butter

3 egg yolks

1 tbsp (15 ml) lemon juice

Salt, cayenne pepper and dry mustard to taste

### Instructions

1. Microwave butter for 50 to 60 seconds on high in a 2-cup (500 ml) glass measuring cup, until melted.
2. Whisk together egg yolks, lemon juice and seasonings in a 4-cup (1 L) glass measuring cup.
3. Whisk melted butter gradually into egg yolk mixture, beating constantly.
4. Microwave on medium for 20 to 30 seconds, until sauce thickens. Whisk halfway through and at the end of cooking to produce a smooth sauce. Serve warm.



Watch a video that demonstrates how to make a Béchamel sauce at <https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/bechamel-sauce>.

Adapted from Egg Farmers of Alberta *Hollandaise Sauce*



## Variations

- For stronger lemon flavour, add ¼ tsp (1 ml) grated lemon rind with the lemon juice.

## Tips

- ☑ Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.
- ☑ Curdling may occur due to over-beating or adding butter too quickly. To rescue a curdled sauce, place 1 tbs (15 ml) water in a medium bowl. Whisk a small amount of separated sauce into water until it becomes smooth. Keep adding sauce slowly, while continuing to whisk vigorously.
- ☑ Hollandaise sauce may be frozen. To use, thaw in refrigerator. Warm in double boiler over hot, but not boiling, water, stirring constantly. If sauce should separate, use procedure described above.
- ☑ Serve warm Hollandaise sauce over eggs, fish, seafood or vegetables such as asparagus and broccoli.





### Nutrition Facts

Per serving	
<b>Calories 25</b>	%DV*
<b>Fat 0g</b>	0%
<b>Saturated 0g</b>	0%
<b>+ Trans 0g</b>	
<b>Carbohydrates 6g</b>	
<b>Fibre 0g</b>	0%
<b>Sugars 6g</b>	6%
<b>Protein 0g</b>	
<b>Cholesterol 0mg</b>	
<b>Sodium 5mg</b>	0%
Potassium 8mg	0%
Calcium 0mg	0%
Iron 0mg	0%

\*5% or less is a little, 15% or more is a lot

## Meringue Kisses

*Meringues demonstrate the use of eggs as a leavening agent. Why do egg whites beat to a larger volume at room temperature?*

**Prep time:** 20 minutes

**Cooking time:** 35 minutes

**Yields:** 48 servings

### Ingredients

- 6 egg whites, at room temperature
- ¼ tsp (1 ml) cream of tartar
- 1½ cups (375 ml) sugar
- 1 tsp (5 ml) vanilla extract

Adapted from Egg Farmers of Canada  
*Hard Meringues*

### Instructions

1. Preheat oven to 275° F (140° C).
2. Line baking sheet with parchment paper or spray with cooking spray.
3. Beat egg whites in large bowl with electric mixer until frothy.
4. Add cream of tartar and beat until soft peaks form.
5. Gradually beat in sugar, 1 to 2 tbsp (15 to 30 ml) at a time, until sugar is dissolved and stiff glossy peaks form.
6. Beat in vanilla.
7. Pipe or dollop about 2 tbsp (30 ml) meringue per cookie on baking sheet.
8. Bake in preheated oven until firm, about 30 to 35 minutes.
9. Cool completely on wire racks.

### Variations

#### Large Meringue Kisses

Spoon about ½ cup (125 ml) meringue on a prepared baking sheet. Pull meringue into a peak resembling a large chocolate kiss using your hands. Smooth the sides. Repeat with remaining meringue. Bake until meringues are firm, about 45 minutes. Cool completely on wire racks. Makes 8 large meringues.

#### Meringue Shells

Draw ten 4-inch (10 cm) circles on parchment and paper. Place paper upside-down on a baking sheet. Spoon ⅓ cup (75 ml) meringue on each circle. Spread meringue with spoon to form shells, making sides higher than centres. Bake until firm, about 45 minutes. Cool completely on wire racks. Makes 10 to 12 shells.



## Pavlova Shell

Draw a 10-inch (25 cm) circle on parchment paper; place paper upside-down on a baking sheet. Spoon meringue onto circle. Spread with a spoon, forming a shell and making side higher than centre. Bake until firm, about 1 ¼ hours. Turn oven off and leave meringue in oven for 4 hours with door closed.

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### Tips

- Use lemon juice instead of cream of tartar.
- It is easier to separate the white from the yolk when the egg is cold.
- Be sure no yolk slips in with the egg when separating the eggs. Yolk contains fat and any fat in with the whites will prevent the whites from beating to a good volume.
- Let egg whites stand at room temperature for about 20 minutes after separating. They will whip to a greater volume than if beaten when cold.
- Use a glass or metal bowl. Plastic bowls can have a greasy film which will prevent the eggs from beating to a good volume.
- Check whether sugar is dissolved by rubbing a little of the beaten meringue between your thumb and forefinger. If it feels gritty, beat a little longer.



Nutrition Facts	
Per serving	
<b>Calories 210</b>	%DV*
<b>Fat 11g</b>	14%
Saturated 3.5g	18%
+ Trans 0g	
<b>Carbohydrates 18g</b>	
Fibre 0g	0%
Sugars 5g	5%
<b>Protein 8g</b>	
<b>Cholesterol 100mg</b>	
<b>Sodium 270mg</b>	12%
Potassium 196mg	4%
Calcium 157mg	10%
Iron 1mg	6%
*5% or less is a little, 15% or more is a lot	

*Basic quiche with no filling and evaporated milk used in analysis*

## Quiche

A quiche combines eggs and milk with fillings such as cheese, meat and/or vegetables. How are the principles of cooking a quiche similar to those involved in cooking a custard?

**Prep time:** 15 minutes

**Cooking time:** 50 minutes

**Yields:** 8 servings

### Ingredients

- 1 pre-baked 9-inch (23 cm) deep-dish pie shell
- Filling ingredients (see variations)
- 4 eggs
- 1½ cups (375 ml) evaporated milk or light cream (6%) or half-and-half cream (10%)

### Instructions

1. Preheat oven to 350° F (180° C). Spread desired filling ingredients in pie shell.
2. Whisk eggs and milk or cream in medium bowl. Pour mixture over filling.
3. Bake in oven until a knife inserted near the centre comes out clean, 35 to 40 minutes. Let stand for 5 to 10 minutes before serving.



Watch a video that shows how to make a quiche at <https://www.eggs.ca/recipes/basic-quiche>.

Adapted from Egg Farmers of Canada *Basic Quiche*

### Tips

- To prebake pie shell, line the unbaked shell with 12-inch (30 cm) square of aluminum foil. Fill with raw rice or dried beans or peas to minimize shrinkage. Cover rim of shell with edges of foil. Bake in preheated 450° F (230° C) oven until lightly browned at edges, about 10 minutes. Lift out foil and rice. Cool on wire rack.
- Cooked quiche may be refrigerated for up to 3 days or frozen for one month, if suitably packaged.
- Any leftover egg mixture can be poured into custard cups and baked to make mini quiches.



## Variations

### Corn Quiche

Combine 1 cup (250 ml) fresh, canned (drained) or frozen (thawed) corn,  $\frac{3}{4}$  cup (175 ml) shredded cheddar cheese,  $\frac{1}{4}$  cup (50 ml) finely chopped onion, and 2 tbsp (30 ml) chopped fresh parsley.

### Quiche Lorraine

Combine 6 slices crumbled crisp bacon, 1 cup (250 ml) shredded Swiss cheese,  $\frac{1}{4}$  cup (60 ml) minced green onion,  $\frac{1}{4}$  cup (60 ml) each green and red pepper strips,  $\frac{1}{4}$  tsp (1 ml) ground nutmeg and  $\frac{1}{4}$  tsp (1 ml) dry mustard.

### Mushroom Quiche

Combine 1 cup (250 ml) sautéed sliced mushrooms,  $\frac{1}{2}$  cup (125 ml) shredded cheddar cheese and 1 tsp (5 ml) dried thyme.

### Shrimp or Crab Quiche

Combine 1 cup (250 ml) cooked shrimp or crab meat,  $\frac{3}{4}$  cup (175 ml) shredded Swiss or Gruyere cheese,  $\frac{1}{4}$  cup (60 ml) chopped onion,  $\frac{1}{4}$  cup (60 ml) chopped green pepper and 1 tsp (5 ml) dried tarragon.

### Ham and Cheese Quiche

Omit pie shell. Spray pie or quiche pan with cooking spray. Line with crustless bread slices. Combine  $\frac{3}{4}$  cup (175 ml) shredded Swiss cheese,  $\frac{3}{4}$  cup (175 ml) diced cooked ham,  $\frac{1}{4}$  cup (60 ml) chopped red or green bell pepper, and 2 tsp (10 ml) finely chopped fresh chives.

### Quiche Squares

Omit pie shell. Spray a 9-inch (23 cm) square pan with cooking spray. Combine 1 package (350 g) frozen chopped broccoli (thawed and well drained),  $1\frac{1}{2}$  cups (375 ml) shredded Swiss cheese and 2 tbsp (30 ml) Dijon mustard.

### Mini-Quiches

Prepare quiche in  $3 \times \frac{7}{8}$  inch (8 x 2 cm) tart shells. Or use slices of whole wheat bread as shells. Trim crusts from bread, then spread bread lightly with butter. Place buttered side down into muffin cups, pressing firmly. Bake in preheated 325° F (160° C) oven for 10 minutes. Remove and spoon filling ingredients. Then pour egg and milk mixture carefully over top, allowing it to be partially absorbed, then adding more. Bake until puffed and golden, 16 to 18 minutes. If edges brown before quiche is set, cover with aluminum foil. Makes about 24 mini quiches.



Nutrition Facts	
Per serving	
<b>Calories 50</b>	%DV*
<b>Fat 3g</b>	4%
<b>Saturated 0.5g</b>	3%
<b>+ Trans 0g</b>	
<b>Carbohydrates 25g</b>	
<b>Fibre 0g</b>	0%
<b>Sugars 1g</b>	1%
<b>Protein 2g</b>	
<b>Cholesterol 25mg</b>	
<b>Sodium 45mg</b>	2%
Potassium 115mg	2%
Calcium 24mg	2%
Iron 0mg	0%
*5% or less is a little, 15% or more is a lot	

## Zucchini Sticks

*This breaded and baked zucchini stick recipe demonstrates the use of eggs as a coating agent. How do the eggs stabilize the coating?*

**Prep time:** 15 minutes

**Cooking time:** 20 minutes

**Yields:** 15 servings

### Ingredients

- ¾ cup (175 ml) whole wheat bread crumbs
- ¼ cup (60 ml) grated Parmesan cheese
- ½ tsp (2 ml) garlic powder
- ½ tsp (2 ml) dried sage
- ¼ tsp (1 ml) freshly ground pepper
- 2 eggs
- 3 medium zucchini, cut into 3½-inch sticks
- 2 tbsp (30 ml) vegetable oil

### Instructions

1. Preheat oven to 400° F (200° C). Lightly grease a baking sheet.
2. In a bowl combine bread crumbs, Parmesan cheese, garlic powder, sage and pepper and mix well.
3. In another bowl, beat eggs lightly.
4. Dip zucchini sticks into eggs and then in the bread crumb mixture. Transfer to prepared baking sheet.
5. Drizzle sticks with the vegetable oil and bake for 20 minutes or until lightly browned. Turn sticks over once halfway through baking time.

Used with permission from Government of Alberta: Healthy U Zucchini Sticks

# *Ethnic Dishes*

These pages contain recipes and nutritional values for the following ethnic dishes.

- butternut squash dal
- egg foo yung
- thai pork stir-fry



### Nutrition Facts

Per serving	
<b>Calories 310</b>	%DV*
<b>Fat 5g</b>	6%
Saturated 2.5g	13%
+ Trans 0g	
<b>Carbohydrates 54g</b>	
Fibre 9g	32%
Sugars 13g	13%
<b>Protein 17g</b>	
<b>Cholesterol 10mg</b>	
<b>Sodium 390mg</b>	17%
Potassium 994mg	20%
Calcium 190mg	15%
Iron 4mg	20%

\*5% or less is a little, 15% or more is a lot

1% milk and vegetable broth used in analysis

## Butternut Squash Dal

Dal is a mainstay of the Indian subcontinent and refers to either the lentil ingredient or the dish made from it. This butternut squash dal recipe is also a vegetarian dish.

How are principles of protein cookery applied to it?

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

**Yields:** 4 servings

### Ingredients

- 1 cup (250 ml) dried red lentils
- 1½ cups (375 ml) low sodium broth
- 1 tbsp (15 ml) butter
- 1 chopped onion
- 2 cloves garlic, minced
- 2 tbsp (30 ml) minced ginger root or 1½ tsp (7 ml) ground ginger
- 2 tbsp (30 ml) Indian yellow curry paste or powder
- ½ tsp (2 ml) salt
- ¼ tsp (1 ml) pepper
- 3 cups (750 ml) chopped, peeled butternut squash (about 1 lb/500 g)
- 1½ cups (375 ml) milk
- ¼ cup (60 ml) chopped fresh cilantro or green onions

Garam masala to taste (optional)

### Instructions

1. Place lentils in a fine sieve and pick through to remove any stones or grit. Rinse well and drain; stir into broth and set aside.
2. In a large, deep saucepan, melt butter over medium heat. Sauté onion for 3 minutes or until it starts to soften.
3. Add garlic, ginger, curry paste (to taste), salt and pepper. Sauté for 2 minutes or until softened.
4. Add lentils, squash and milk to broth. Bring to a simmer, stirring often.
5. Cover, leaving lid ajar, then reduce heat and simmer. Stir occasionally for 25 minutes or until squash and lentils are soft and tender.
6. Remove from heat and mash lightly with a potato masher.
7. Sprinkle with cilantro and garam masala, if using. Serve with papadum, basmati rice or naan.



Watch a video that shows how to make this recipe at [www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/butternut-squash-dal-lentils](http://www.dairyfarmersofcanada.ca/en/canadian-goodness/recipes/butternut-squash-dal-lentils).

Adapted from Canadian Goodness Butternut Squash Dal

### Variations

- To make the dish spicier, use a hot curry paste and/or sauté 1½ tsp (7 ml) each whole cumin and coriander seeds and 1 minced fresh hot pepper in 1 tbsp (15 ml) butter. Spoon on top of dal with cilantro.



Nutrition Facts	
Per serving	
<b>Calories 200</b>	%DV*
<b>Fat 11g</b>	14%
<b>Saturated 3.5g</b>	18%
<b>+ Trans 0g</b>	
<b>Carbohydrates 10g</b>	
<b>Fibre 1g</b>	4%
<b>Sugars 5g</b>	5%
<b>Protein 17g</b>	
<b>Cholesterol 385mg</b>	
<b>Sodium 680mg</b>	30%
Potassium 765mg	15%
Calcium 65mg	6%
Iron 2mg	10%
*5% or less is a little, 15% or more is a lot	

## Egg Foo Yung

Egg foo yung is an omelette dish found in Chinese cuisine. It is prepared with beaten eggs, like an omelette. What principles of egg cookery apply to this dish?

**Prep time:** 10 minutes

**Cooking time:** 12 minutes

**Yields:** 2 servings

### Ingredients

- 2 tsp (10 ml) cornstarch
- ½ cup (125 ml) low sodium beef broth
- 2 tbsp (30 ml) low sodium soy sauce, divided
- 4 eggs
- 3 tbsp (45 ml) water
- 1 cup (250 ml) bean sprouts
- ½ cup (125 ml) sliced fresh mushrooms
- 2 green onions, thinly sliced

### Instructions

1. Combine cornstarch, beef broth and 1 tbsp (15 ml) soy sauce in small saucepan. Bring to boil, stirring constantly then boil for 1 minute. Remove from heat and keep warm.
2. Whisk eggs, water and remaining soy sauce in medium bowl. Stir in bean sprouts, mushrooms and green onions mixing well.
3. Grease non-stick skillet and heat it over medium heat.
4. Pour in one-third of egg mixture. As mixture sets around edge of skillet, use a spatula to gently lift cooked portion to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set.
5. Slide omelette onto plate. Invert back into skillet and cook completely for about 1 minute.
6. Keep warm while making two more omelettes.
7. Cut omelettes into wedges and serve with warm sauce.



Revisit the video that shows how to cook the perfect omelette at <https://www.eggs.ca/eggs101/view/11/how-to-cook-the-perfect-omelette>.

Adapted from Adapted from Egg Farmers of Canada Egg Foo Yung





Nutrition Facts	
Per serving	
<b>Calories 380</b>	%DV*
<b>Fat 19g</b>	24%
<b>Saturated 8g</b>	40%
<b>+ Trans 0g</b>	
<b>Carbohydrates 16g</b>	
<b>Fibre 1g</b>	4%
<b>Sugars 9g</b>	9%
<b>Protein 34g</b>	
<b>Cholesterol 100mg</b>	
<b>Sodium 360mg</b>	16%
Potassium 955mg	20%
Calcium 115mg	8%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot  
1% milk and pork loin used in analysis

## Thai Pork Stir-Fry

A stir-fry is a quick way of cooking that originally developed in China and emphasizes fresh ingredients. How is milk used to create the sauce for this dish?

**Prep time:** 8 minutes

**Cooking time:** 20 minutes

**Yields:** 4 servings

### Ingredients

- 1 cup (250 ml) milk
- 2 tbsp (30 ml) cornstarch
- 1 tbsp (15 ml) packed brown sugar
- 2 tbsp (30 ml) low sodium soy sauce
- 1 tsp (5 ml) grated lime zest (about 1)
- 1 tbsp (15 ml) butter
- 1 lb (450 g) boneless pork, cut into thin strips
- 2 garlic cloves, minced
- 1 red bell pepper, cut into thin strips
- 1 green bell pepper, cut into thin strips
- ½ to 1 tsp (2 to 5 ml) Thai green curry paste
- 2 tbsp (30 ml) freshly squeezed lime juice
- 2 tbsp (30 ml) chopped fresh basil

### Instructions

1. In a bowl, whisk a little of the milk into cornstarch to make a smooth paste. Whisk in remaining milk, sugar, soy sauce and lime zest then set aside.
2. In a wok or large skillet, melt butter over high heat then stir-fry pork and garlic for 2 to 3 minutes or until pork is browned.
3. Add red and green peppers and green curry paste, and stir-fry for 3 to 4 minutes or until peppers start to soften.
4. Whisk milk mixture and pour into wok. Cook, stirring often, for about 5 minutes or until sauce is thickened.
5. Stir in lime juice and basil.



Watch a video that shows how to make this recipe at

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/thai-pork-stir-fry>.

Adapted from Canadian Goodness *Thai Pork Stir-Fry*

### Variations

- To make the dish spicier, use Thai fish sauce instead of soy sauce, increase curry paste to 1½ tsp (7 ml) and add 2 cups (500 ml) shredded napa cabbage with peppers.

### Tips

- ☑ Thai green curry paste can be found in jars or packets with the Asian foods at most grocery stores. It is quite spicy so if you are not sure about the heat, start with the lowest amount suggested.

# Combination Dishes

These pages contain recipes and nutritional values for the following egg dishes.

- crustless country quiche
- custard
- french toast kabobs
- souffléed cheese and mushroom frittata



Nutrition Facts	
Per serving	
<b>Calories</b> 190	%DV*
<b>Fat</b> 11g	14%
<b>Saturated</b> 6g	30%
<b>+ Trans</b> 0g	
<b>Carbohydrates</b> 7g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 4g	4%
<b>Protein</b> 16g	
<b>Cholesterol</b> 155mg	
<b>Sodium</b> 500mg	22%
Potassium 325mg	6%
Calcium 244mg	20%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk, chicken, peppers, mushrooms, broccoli, and cheddar used in analysis

## 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 whole wheat bread crumbs
- 2 cups (500 ml) diced cooked meat
- 1½ cups (375 ml) chopped cooked vegetables
- 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 meat 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 at <https://www.eggs.ca/recipes/basic-quiche>.

Adapted from Canadian Goodness *Crustless Country Quiche*



Nutrition Facts	
Per serving	
<b>Calories</b> 190	%DV*
<b>Fat</b> 6g	8%
<b>Saturated</b> 2.5g	13%
<b>+ Trans</b> 0g	
<b>Carbohydrates</b> 23g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 23g	23%
<b>Protein</b> 10g	
<b>Cholesterol</b> 200mg	
<b>Sodium</b> 120mg	5%
Potassium 244mg	6%
Calcium 177mg	15%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot  
1% milk used in analysis

## 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.

Adapted 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.



### Nutrition Facts

Per serving	
<b>Calories 170</b>	%DV*
<b>Fat 4g</b>	5%
<b>Saturated 1g</b>	5%
<b>+ Trans 0g</b>	
<b>Carbohydrates 28g</b>	
<b>Fibre 2g</b>	7%
<b>Sugars 11g</b>	11%
<b>Protein 7g</b>	
<b>Cholesterol 95mg</b>	
<b>Sodium 160mg</b>	7%
Potassium 375mg	8%
Calcium 69mg	6%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot

1% milk used in analysis, kabobs only

## 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) yogurt



Watch a video that shows how to make this recipe at <https://www.eggs.ca/recipes/french-toast-kabobs>.

Adapted from Egg Farmers of Canada *French Toast Kabobs*

### 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.

### 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.



Nutrition Facts	
Per serving	
<b>Calories</b> 210	%DV*
<b>Fat</b> 14g	18%
<b>Saturated</b> 6g	30%
<b>+ Trans</b> 0g	
<b>Carbohydrates</b> 6g	
<b>Fibre</b> 0g	0%
<b>Sugars</b> 3g	3%
<b>Protein</b> 15g	
<b>Cholesterol</b> 275mg	
<b>Sodium</b> 160mg	7%
Potassium 263mg	6%
Calcium 221mg	15%
Iron 2mg	10%

\*5% or less is a little, 15% or more is a lot

White mushrooms used in analysis

## 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
- 1/8 tsp (0.5 ml) salt
- 8 egg whites



Watch a video that shows how to make this recipe at [www.eggs.ca/recipes/souffled-cheese-and-mushroom-frittata](http://www.eggs.ca/recipes/souffled-cheese-and-mushroom-frittata).

Adapted from Egg Farmers of Canada *Soufflé Cheese and Mushroom Frittata*

### Instructions

1. Preheat oven to 425° F (225° C).
2. Place yolks in large bowl and whisk until blended. Add mushrooms, 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.

### 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.



## Nutrition Facts

Per \_\_\_\_\_

<b>Calories</b>		% Daily Value*
<b>Fat</b>	_____ g	_____ %
Saturated	_____ g	_____ %
+ Trans	_____ g	
<b>Carbohydrate</b>	_____ g	
Fibre	_____ g	_____ %
Sugars	_____ g	_____ %
<b>Protein</b>	_____ g	
<b>Cholesterol</b>	_____ mg	
<b>Sodium</b>	_____ mg	
Potassium	_____ mg	_____ %
Calcium	_____ mg	_____ %
Iron	_____ mg	_____ %

\*5% or less is **a little**, 15% or more is **a lot**

**Prep time:**  
**Cooking time:**  
**Yields:**

### Ingredients

### Instructions

