

# Eggs Across Canada

11 delicious recipes from  
coast to coast to coast



get  
cracking®

# Eggs Across Canada



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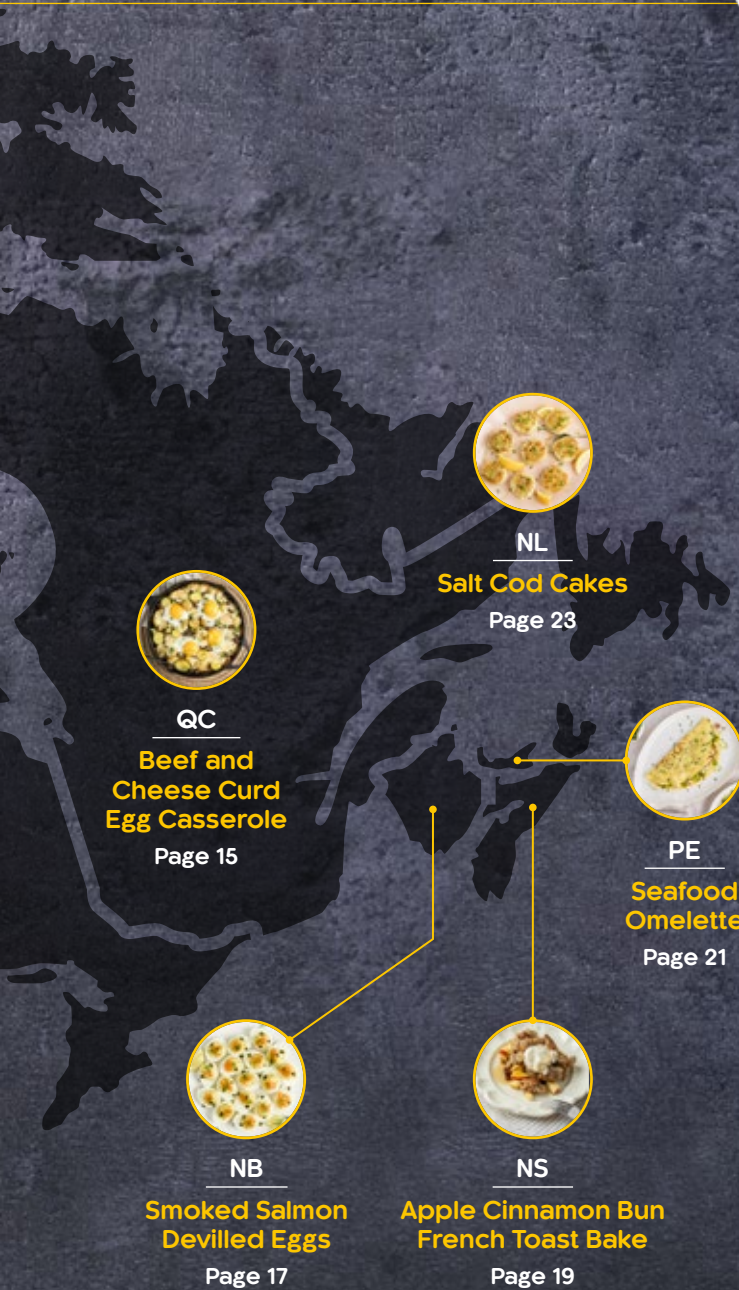
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Canadian eggs are locally produced in all 10 provinces and the Northwest Territories. This collection of recipes showcases eggs paired with regional ingredients to inspire you in the kitchen and enjoy great meals. Whether it's for breakfast, lunch, dinner, or dessert, there is always something for everyone's taste with eggs.

We hope you love these recipes and are ready to Get Cracking with eggs!

Visit [eggs.ca](http://eggs.ca) for more recipes.



### Nutrients per serving

Calories .....	<b>515 kcal</b>	Trans Fat .....	<b>0 g</b>	Sugars .....	<b>10 g</b>
Fat .....	<b>24 g</b>	Sodium .....	<b>302 mg</b>	Fibre .....	<b>10 g</b>
Saturated Fat .....	<b>5 g</b>	Carbohydrate .....	<b>48 g</b>	Protein .....	<b>22 g</b>

# 3 Sisters Salad

This salad is a delicious and nutritious salad featuring the 3 sisters: corn, beans and squash. It is packed with protein and fibre and will keep you full and satisfied!



servings  
**4**



preparation time  
**10 minutes**



cooking time  
**25 minutes**



total time  
**35 minutes**



## Ingredients

### Salad

- 1 small butternut squash, diced (about 4 cups)
- 1 tbsp (15 mL) olive oil
- ½ tsp (2.5 mL) black pepper
- 8 large eggs
- 1 pint cherry tomatoes, halved
- ½ small red onion, sliced
- 1 can (540 mL) white kidney beans, no salt added
- 1 can (310 mL) corn, low or no sodium
- 1 container (142 g) mixed greens (about 5 cups)

### Dressing

- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) honey
- 2 tbsp (30 mL) apple cider vinegar
- 3 tbsp (45 mL) olive oil
- ¼ tsp (1.25 mL) black pepper

## Instructions

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper. Place the squash on the prepared baking sheet, drizzle the oil and black pepper and mix around to coat the squash. Bake in preheated oven for 20–25 minutes, flipping halfway through until the squash begins to brown. Remove from oven and allow to cool.
2. While the squash is baking, fill a medium sized pot with cold water and place the eggs in the pot, bring to boil over high heat. Once boiling, remove from the burner and cover the pot with a lid. Set a timer for 6 minutes. Drain the eggs and run under cold water for a few minutes, place in the fridge until ready to use.
3. Place the squash, cherry tomatoes, red onion, white kidney beans and corn in a large bowl. Pour the dressing overtop and mix. Distribute the greens onto four plates or large shallow bowls, divide the bean and vegetable mixture overtop. Peel the eggs, slice in half, top each plate with two eggs and enjoy!



British Columbia



#### Nutrients per serving

Calories .....	<b>351 kcal</b>	Trans Fat .....	<b>0.4 g</b>	Fibre .....	<b>2 g</b>
Fat .....	<b>19 g</b>	Carbohydrate .....	<b>41 g</b>	Protein .....	<b>4</b>
Saturated Fat .....	<b>11 g</b>	Sugars .....	<b>28 g</b>	Sodium .....	<b>221 mg</b>

# Nanaimo Bars

These 3-layer bars may have been created in Nanaimo, BC, but they are loved and devoured by fans everywhere. They make an exceptional treat for a special occasion, or for no occasion at all!



servings  
**16**



preparation time  
**15 minutes**



stand time  
**90 minutes**



cooking time  
**10 minutes**



total time  
**1 hour,  
55 minutes**



## Ingredients

### Base

- ½ cup (125 mL) butter, softened
- 5 tbsp (75 mL) granulated sugar
- 5 tbsp (75 mL) cocoa powder
- 1 egg
- ½ tsp (2.5 mL) vanilla
- 2 cups (500 mL) graham crumbs
- 1 cup (250 mL) shredded coconut
- ½ cup (125 mL) chopped walnuts

### Filling

- ¼ cup (60 mL) butter
- 2 tbsp (30 mL) custard powder
- 2 tbsp (30 mL) milk
- 2 cups (500 mL) icing sugar

### Topping

- 4 oz (115 g) semisweet chocolate, chopped
- 2 tbsp (30 mL) butter

### Note

If you can't find custard powder, vanilla instant pudding can be substituted.

## Instructions

### Base

1. In a saucepan, place butter, granulated sugar, and cocoa. Heat over medium-low heat, whisking constantly, until melted and smooth. Whisk in the egg and stir until the mixture is the consistency of custard, 2 to 3 minutes. Stir in the vanilla.
2. Remove from the heat and stir in graham crumbs, coconut, and walnuts.
3. Press the mixture evenly and firmly into a 9-inch (23 cm) square pan. Cool completely.

### Filling

1. In a medium bowl, using an electric mixer, cream together butter, custard powder, and milk until smooth.
2. On a low speed, slowly blend in icing sugar, increasing the speed once icing sugar is incorporated to combine into a smooth mixture.
3. Spread filling evenly over the base. Place in refrigerator until firm, about an hour.

### Topping

1. When filling is set, in a small saucepan over low heat (or carefully in the microwave), melt chocolate with butter, whisking until smooth.
2. Spread the chocolate mixture over the filling. Let harden before cutting into squares or bars. Keep any leftover squares refrigerated.



**Nutrients per serving**

Calories .....	<b>308 kcal</b>	Trans Fat .....	<b>0.1 g</b>	Fibre .....	<b>2 g</b>
Fat .....	<b>13 g</b>	Carbohydrate .....	<b>32 g</b>	Protein .....	<b>15 g</b>
Saturated Fat .....	<b>5 g</b>	Sugars .....	<b>2 g</b>	Sodium .....	<b>542 mg</b>



# Cowboy Bagel Quiche

Stampede breakfast is synonymous with Alberta. We've taken a simple bagel and elevated it, "cowboy style", to become a perfectly portable and eggy breakfast. These cowboy "quiches" are delicious and easily customizable!



servings  
**8**



preparation time  
**15 minutes**



cooking time  
**30–35 minutes**



total time  
**45–50 minutes**



## Ingredients

1 tbsp (15 mL) oil  
1 tbsp (15 mL) butter  
1 small onion, diced  
1 sweet pepper, diced  
1 tsp (5 mL) Worcestershire sauce  
1 tsp (5 mL) maple syrup  
Salt and pepper  
Cayenne pepper  
4 slices cooked bacon, chopped  
4 large bagels, sliced in half  
8 eggs  
1 tbsp (15 mL) milk  
½ cup (125 mL) shredded cheese

## Notes

Use large, thick bagels for this recipe. Look for New York-style bagels; they tend to be larger.

Use any favourite cheese.

If desired, substitute ¼ cup (60 mL) diced cooked ham or sausage for the bacon.

If a bagel tears when you are scooping out the inside, use a piece you removed to plug and repair the hole.

Save the insides of the bagels to make croutons or breadcrumbs, or just toast them to snack on.

## Instructions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large frying pan, heat the oil and butter over medium heat. Add the onion and sweet pepper; sauté until softened and slightly caramelized. Add the Worcestershire sauce, maple syrup, and a good pinch each of salt, pepper, and cayenne pepper. Cook and stir until the mixture becomes jam-like in consistency.
3. Remove from the heat and stir in the bacon, then set aside.
4. Using a paring knife and a spoon, cut and scoop out most of the soft inner part of the bagels to make room for the filling. Place the bagel halves on the prepared baking sheet.
5. In a medium bowl, whisk the eggs, milk, and a pinch each of salt and pepper.
6. Evenly divide the onion and sweet pepper mixture and the cheese between the bagel halves.
7. Slowly pour the egg mixture into the bagels, being careful that the mixture doesn't overflow.
8. Bake in the oven until the egg is cooked through, 20 to 25 minutes.



Saskatchewan



**Nutrients per serving**

Calories .....	<b>466 kcal</b>	Trans Fat .....	<b>0 g</b>	Fibre .....	<b>18 g</b>
Fat .....	<b>18 g</b>	Carbohydrate .....	<b>46 g</b>	Protein .....	<b>30 g</b>
Saturated Fat .....	<b>6 g</b>	Sugars .....	<b>12 g</b>	Sodium .....	<b>1440 mg</b>

# Lentil Shakshuka

This one pan dish showcases eggs poached in a bed of seasoned tomatoes, lentils and peppers. It's hearty and makes a delicious main dish for brunch, lunch or dinner.



servings  
**3-4**



preparation time  
**10 minutes**



cooking time  
**20-25 minutes**



total time  
**30-35 minutes**



## Ingredients

1 tbsp (15 mL) olive oil  
1 medium onion, diced  
1 sweet pepper, diced  
3 cloves garlic, minced  
2 tsp (10 mL) cumin  
1 tsp (5 mL) garlic powder  
1 tsp (5 mL) sumac  
1 tsp (5 mL) smoked paprika  
½ tsp (2.5 mL) salt  
½ tsp (2.5 mL) black pepper  
1 can (28 oz/796 mL) diced tomatoes  
1 can (19 oz/540 mL) lentils,  
drained and rinsed  
6 eggs  
Chopped cilantro and crumbled feta,  
for garnish

## Instructions

1. In a large frying pan, heat oil over medium-high heat. Add onion and sweet pepper and cook for 3 to 4 minutes, stirring occasionally. Add garlic, cumin, garlic powder, sumac, smoked paprika, salt, and pepper; cook for another 2 minutes.
2. Add tomatoes and bring to a low boil. Reduce heat to medium-low; add the lentils. Simmer for 5 to 10 minutes, lowering the heat if necessary, and stirring occasionally.
3. Using the bottom of a ladle, make 6 wells in the mixture for the eggs. Crack an egg into each well.
4. Cook until the egg whites have set, but the yolks are still runny, approximately 6 to 8 minutes. If the tops of the eggs are not setting as desired, cover the frying pan with a lid for 1 or 2 minutes. Don't leave the lid on too long or the yolks will cloud over.
5. Garnish with cilantro and feta, and serve.



**Nutrients per serving**

Calories .....	<b>690 kcal</b>	Trans Fat .....	<b>0 g</b>	Fibre .....	<b>11 g</b>
Fat .....	<b>50 g</b>	Carbohydrate .....	<b>23 g</b>	Protein .....	<b>37 g</b>
Saturated Fat .....	<b>11 g</b>	Sugars .....	<b>9 g</b>	Sodium .....	<b>774 mg</b>

# Cobb Salad

Appealing on so many levels including taste, texture, and appearance, this Cobb Salad comes together quickly when the chicken, bacon and eggs are cooked ahead of time and ready for salad-making.



servings  
**4**



preparation time  
**20 minutes**



total time  
**20 minutes**



## Ingredients

### Salad

- 1 head Romaine lettuce, cut into 1/2 inch (1 cm) strips
- 8 slices bacon, cooked and cut into 1 inch (2.5 cm) pieces
- 2 cooked chicken breasts, sliced
- 4 oz (125 g) mozzarella cheese, cubed
- 4 hard boiled eggs, peeled and sliced or cut into wedges
- 2 tomatoes, cut into wedges
- 2 avocados, peeled and sliced

### Dressing

- 1/3 cup (75 mL) canola oil
- 2 tbsp (30 mL) red wine vinegar
- 1 tbsp (15 mL) honey
- 1 tsp (5 mL) Dijon mustard
- 1/4 tsp (1 mL) Worcestershire sauce
- 1 clove garlic, minced
- Salt and pepper to taste

## Instructions

1. Arrange lettuce, bacon, chicken, cheese, eggs, tomatoes, and avocados on a large platter.
2. In a small jar, combine oil, vinegar, honey, mustard, Worcestershire sauce, garlic, and salt and pepper. Shake well to combine.
3. Serve the dressing with the salad.



**Nutrients per serving**

Calories .....	<b>246 kcal</b>	Trans Fat .....	<b>0.2 g</b>	Fibre .....	<b>2 g</b>
Fat .....	<b>10 g</b>	Carbohydrate .....	<b>35 g</b>	Protein .....	<b>4 g</b>
Saturated Fat .....	<b>6 g</b>	Sugars .....	<b>27 g</b>	Sodium .....	<b>154 mg</b>

# Strawberry Rhubarb Spice Cake

Rhubarb and strawberries are a classic combination. This traditional pairing creates the perfect mix of sweet and tart in a simple and delicious cake.



servings  
12



preparation time  
15 minutes



cooking time  
45 minutes



total time  
60 minutes



## Ingredients

- 1 cup (250 mL) whole wheat flour
- ½ tsp (7.5 mL) ground cinnamon
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) ground nutmeg
- ½ tsp (2.5 mL) baking soda
- ½ tsp (2.5 mL) ground cloves
- ¼ tsp (1 mL) sea salt
- ½ cup (125 mL) unsalted butter, at room temperature
- ¾ cup (175 mL) packed brown sugar
- 4 eggs
- 1 tsp (5 mL) vanilla
- 2 cups (500 mL) sliced rhubarb (cut in 1-inch (2.5 cm) pieces)
- 1 cup (250 mL) sliced strawberries
- ¾ cup (175 mL) granulated sugar
- 1 tbsp (15 mL) grated lemon zest
- 1 tbsp (15 mL) lemon juice

## Note

Frozen sliced, unsweetened, rhubarb can be used in place of fresh. Defrost and pat dry with paper towels before using.

## Instructions

1. Preheat oven to 350°F (180°C). Grease an 8-inch (20 cm) square baking pan.
2. In a small bowl, whisk together the flour, cinnamon, baking powder, nutmeg, baking soda, cloves, and salt.
3. In a large bowl, using an electric mixer on medium speed, beat the butter and brown sugar until blended and creamy, about 2 minutes. Add the eggs and vanilla; beat until combined. Slowly beat in the dry ingredients until combined and the batter is creamy. Set aside.
4. In a medium bowl, gently stir together the rhubarb, strawberries, granulated sugar, lemon zest, and lemon juice. Spoon the fruit evenly over the bottom of the prepared pan. Gently spread the batter over the fruit, covering the fruit completely.
5. Bake until a toothpick inserted in the cake comes out clean, 40 to 45 minutes. Cool on a wire rack for 10 to 15 minutes.
6. Once the cake is cool enough to handle, run a knife around the edge of the cake. Place a serving plate on top of the cake and flip the plate and cake over. Tap the bottom of the pan to help loosen the cake onto the serving plate. Slice and serve warm.



**Nutrients per serving**

Calories .....	<b>677 kcal</b>	Trans Fat .....	<b>0.5 g</b>	Fibre .....	<b>2 g</b>
Fat .....	<b>45 g</b>	Carbohydrate .....	<b>23 g</b>	Protein .....	<b>54 g</b>
Saturated Fat .....	<b>21 g</b>	Sugars .....	<b>2 g</b>	Sodium .....	<b>806 mg</b>



# Beef and Cheese Curd Egg Casserole

Topping this hearty beef and potato dish with cheese curds and eggs adds yummy flavour and visual appeal. It comes together without much effort and served with a leafy salad, dinner is a winner.



servings  
**4**



preparation time  
**10 minutes**



cooking time  
**30–35 minutes**



total time  
**40–45 minutes**



## Ingredients

450 g (1 lb) baby potatoes, halved  
Salt to taste  
1 tbsp (15 mL) olive oil  
450 g (1 lb) lean ground beef  
1 onion, chopped  
1 tbsp (15 mL) minced garlic  
2 tsp (10 mL) steak spice  
Pepper to taste  
250 g (8 oz) cheese curds  
4 eggs

## Instructions

1. Preheat oven to 350°F (180°C).
2. In a saucepan, place the potatoes. Add enough cold water to cover them; season the water with a good pinch of salt. Bring to a boil and cook until tender, 15 to 18 minutes. Drain and set the potatoes aside.
3. While the potatoes are cooking, in a large frying pan, heat the oil over medium heat. Add the ground beef. Cook, breaking up the meat with a wooden spoon, until it has lost its pink hue, 5 to 7 minutes. Remove any excess liquid from the pan.
4. Add the potatoes, onion, garlic, and steak spice to the pan. Cook, stirring gently, for 1 to 2 minutes. Season with salt and pepper.
5. Transfer the beef mixture to an ovenproof baking dish. Top with the cheese curds. Carefully crack the eggs over the top of the mixture.
6. Bake until the egg whites have set and the yolks are cooked as desired, 12 to 15 minutes.



**Nutrients per serving (1 deviled egg)**

Calories .....	<b>53 kcal</b>	Trans Fat .....	<b>0 g</b>	Fibre .....	<b>0 g</b>
Fat .....	<b>4 g</b>	Carbohydrate .....	<b>1 g</b>	Protein .....	<b>4 g</b>
Saturated Fat .....	<b>1 g</b>	Sugars .....	<b>0 g</b>	Sodium .....	<b>73 mg</b>

# Smoked Salmon Devilled Eggs

Smoked salmon devilled eggs are such delightful finger food. Dill and salmon flavours pair exceptionally well with the creamy texture of devilled egg yolks. Make a day ahead for an easy appetizer.



servings  
**24**



preparation time  
**15 minutes**



total time  
**15 minutes**



## Ingredients

12 hard boiled eggs, peeled  
½ cup (125 mL) finely chopped  
smoked salmon  
¼ cup (60 mL) mayonnaise  
2 tbsp (30 mL) chopped fresh dill  
4 tsp (20 mL) capers, minced  
2 tsp (10 mL) Dijon mustard  
1 tsp (5 mL) lemon juice  
¼ tsp (1.25 mL) pepper  
Strips of smoked salmon  
and/or dill sprigs (optional)

## Instructions

1. Cut eggs in half lengthwise. Remove yolks and place in medium bowl; set egg whites aside.
2. Mash yolks with fork; stir in salmon, mayonnaise, dill, capers, dijon, lemon juice and pepper. Spoon or pipe yolk mixture into egg white halves. Garnish with smoked salmon and/or dill, if desired.
3. Serve immediately or store, covered, in refrigerator. Serve within two days.



Nova Scotia



**Nutrients per serving**

Calories .....	<b>380 kcal</b>	Trans Fat .....	<b>0.5 g</b>	Fibre .....	<b>5 g</b>
Fat .....	<b>13 g</b>	Carbohydrate .....	<b>53 g</b>	Protein .....	<b>15 g</b>
Saturated Fat .....	<b>6 g</b>	Sugars .....	<b>32 g</b>	Sodium .....	<b>368 mg</b>

# Apple Cinnamon Bun French Toast Bake

We've combined two favourite morning flavours cinnamon buns and French toast. This one dish wonder can be prepped and baked immediately or refrigerated to bake and serve the next day.



servings  
6-8



preparation time  
15 minutes



stand time  
20 minutes  
to overnight



cooking time  
35 minutes



total time  
1 hour,  
10 minutes



## Ingredients

### French Toast Bake

1½ cups (375 mL) milk  
6 eggs  
2 tbsp (30 mL) ground cinnamon  
½ cup (125 mL) brown sugar  
1 tsp (5 mL) vanilla  
¾ cup (175 mL) raisins (optional)  
12 slices whole wheat bread, cubed  
3 apples, peeled and sliced

### Cream Cheese Frosting

½ of a 250 g package cream cheese,  
softened  
1 tbsp (15 mL) milk  
½ tsp (2.5 mL) vanilla  
½ cup (125 mL) icing sugar  
Maple syrup, optional

## Notes

Let cream cheese sit at room temperature for an hour to soften before using.

White granulated sugar can be used in place of icing sugar; beat mixture well to incorporate it into the cream cheese.

## Instructions

1. Grease a 13 x 9-inch (33 x 23 cm) baking or casserole dish; set aside.
2. In a large bowl, whisk together milk, eggs, cinnamon, brown sugar, and vanilla. Stir in raisins, if using.
3. Add bread and apples to the egg mixture and mix gently to coat well. Pour mixture into the prepared dish. Cover and let stand for at least 20 minutes or overnight. Place dish in the refrigerator if letting it stand for longer than 30 minutes. If chilling overnight, remove dish from fridge an hour before baking.
4. A few minutes before you are ready to bake, preheat oven to 350°F (180°C).
5. Bake until puffed, golden, and set, about 35 minutes.
6. While dish is baking, prepare icing. Using a stand mixer or mixing by hand, beat together cream cheese, milk and vanilla until smooth. Add icing sugar and start beating on a low speed so the icing sugar doesn't fly everywhere. Gradually increase speed and beat until the mixture is smooth.
7. Remove from oven. Top with cream cheese icing and cut into pieces to serve, serve with maple syrup if desired.



Prince Edward  
Island



#### Nutrients per serving

Calories .....	<b>570 kcal</b>	Trans Fat .....	<b>1 g</b>	Fibre .....	<b>2 g</b>
Fat .....	<b>40 g</b>	Carbohydrate .....	<b>18 g</b>	Protein .....	<b>39 g</b>
Saturated Fat .....	<b>16 g</b>	Sugars .....	<b>5 g</b>	Sodium .....	<b>830 mg</b>

# Seafood Omelette

With omelettes being the perfect pocket for just about any filling, fish and seafood make a creative choice for a delicious Maritimes twist, perfect for dinner!



servings  
**2**



preparation time  
**15 minutes**



cooking time  
**20 minutes**



total time  
**35 minutes**



## Ingredients

1 tbsp (15 mL) olive oil  
2 tbsp (30 mL) butter, divided  
1 cup (250 mL) thinly sliced leek  
 $\frac{3}{4}$  cup (175 mL) diced green bell pepper  
 $\frac{1}{2}$  cup (125 mL) chopped imitation crab meat, lobster or fresh crab  
5 oz (140 g) fresh white fish (cod, haddock, pickerel, etc.)  
6 eggs  
2 tbsp (30 mL) heavy cream or milk  
Salt and pepper to taste  
Fresh chives to garnish

## Instructions

1. In a large frying pan, heat olive oil and 1 tbsp (15 mL) butter over medium heat. Once the butter has melted, add the leeks and green bell pepper. Cook until the leeks soften, then add the crab meat and white fish. Cook for 5 minutes, using a spatula to break up the fish as it cooks. Set aside while you make the omelettes.
2. In a medium bowl, whisk together eggs, heavy cream, and salt and pepper.
3. In a small frying pan, melt remaining butter over medium heat. Add half of egg mixture. As the eggs set around the edge of the pan, tilt and rotate the pan to allow the uncooked egg to flow to the outside edges of the pan. Lower the heat to medium-low and place half of the crab meat mixture over half of the omelette. Fold the unfilled half of the omelette over the filled half. Cook for a minute, then slide the omelette onto a plate. Serve or keep warm until the second omelette is made.
4. Repeat the procedure to make another omelette with the remaining eggs and crab meat mixture.



Newfoundland  
and Labrador



#### Nutrients per serving

Calories .....	<b>201 kcal</b>	Trans Fat .....	<b>0.1 g</b>	Fibre .....	<b>1 g</b>
Fat .....	<b>5 g</b>	Carbohydrate .....	<b>9 g</b>	Protein .....	<b>30 g</b>
Saturated Fat .....	<b>2 g</b>	Sugars .....	<b>1 g</b>	Sodium .....	<b>785 mg</b>



# Salt Cod Cakes

An iconic ingredient from Newfoundland and Labrador, salt cod fish is a traditional form of preserving fish that has been used for many years. Plan ahead when you make this recipe as time needed to soak the fish is essential to remove the salt used in preserving the fish.



servings  
**10**



preparation time  
**20 minutes**



stand time  
**Overnight  
plus 30 min**



cooking time  
**20 minutes**



total time  
**40 minutes**



## Ingredients

1 lb (450 g) salt cod  
2 bay leaves  
1 cup (250 mL) diced onion  
1 tbsp (15 mL) butter  
1 tbsp (15 mL) plus 2 tsp  
(10 mL) olive oil  
1 tsp (5 mL) dried savoury  
1 egg, whisked  
2 cups (500 mL) cold  
mashed potatoes  
1 lemon, zested  
1 tbsp (15 mL) lemon juice  
Chopped chives,  
for garnish

## Notes

1½ tsp (7 mL) dried summer savoury can be substituted for the savoury.

You can use half salt cod and half fresh cod if you prefer.

## Instructions

1. In a large bowl, place salt cod; add enough cold water to cover the fish. Cover and place in the fridge overnight, draining and replacing the water once.
2. Fill a large pot with water; add the bay leaves and bring the water to a boil.
3. Meanwhile, remove the salt cod from the soaking water and rinse any excess salt off the fish. When the water is boiling, add the salt cod and cook for 10 minutes. After 10 minutes drain the water from the pot, discard the bay leaves, and set the cod aside to cool.
4. In a large frying pan, heat the butter and 1 tbsp (15 mL) olive oil over medium heat. Once the butter has melted, add the onions and cook until translucent. Add the savoury and cook for 1 minute, then transfer the onions to a large bowl to cool.
5. When the onions have cooled, add the egg, mashed potatoes, lemon zest, and lemon juice to the bowl and mix to combine. Break the cod into pieces and mix it into the potato mixture. Try not to break up the cod too much while mixing; you want the pieces to be detectable when eating.
6. Use a 1/3 cup (75 mL) measuring cup to scoop the mixture into 10 balls, then flatten each into a 1-inch (2.5 mL) thick cake. Place the cakes on a baking sheet and refrigerate for 30 minutes to firm up.
7. When ready to cook, in a large nonstick frying pan, heat the remaining 2 tsp (10 mL) of olive oil over medium-high heat. To ensure the oil is hot enough for cooking, splash a few drops of water into the pan. If they sputter, the oil is ready. If the oil isn't hot enough, the cakes may not hold together. Cook the cod cakes until golden brown, about 2 minutes on each side. If cooking in batches, transfer the cooked cakes to a plate in a warm oven (about 200°F / 100°C) while you cook the remaining cakes. Garnish with chopped chives and serve.

# Eggs Are A Nutrient Powerhouse

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Eggs are packed with a ton of nutrients that provide important health benefits. Most of the nutrients in eggs are found in the yolk, so be sure to eat the whole egg! Nutrients found in eggs include:

<b>NUTRIENT</b>	<b>BENEFIT</b>
<b>Choline</b>	Plays a strong role in brain development and function
<b>Vitamin A</b>	Helps maintain healthy skin and eye tissue; assists in night vision
<b>Vitamin D</b>	Strengthens bones and teeth; may help protect against certain cancers and auto-immune diseases
<b>Vitamin E</b>	An antioxidant that plays a role in maintaining good health and preventing disease
<b>Vitamin B12</b>	helps to keep the body's nerve and blood cells healthy, protects against a type of anemia
<b>Folate</b>	Helps produce and maintain new cells; helps prevent a type of anemia, helps protect against serious birth defects if taken prior to pregnancy and during the first 3 months of pregnancy
<b>Protein</b>	Essential for building and repairing muscles, organs, skin, hair and other body tissues; needed to produce hormones, enzymes and antibodies; the protein in eggs is easily absorbed by the body
<b>Selenium</b>	Works with vitamin E to act as an antioxidant to help prevent the breakdown of body tissues
<b>Lutein and zeaxanthin</b>	Maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration
<b>Iron</b>	Carries oxygen to the cells, helps prevent anemia



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