

# EGG-SPLORE THE KITCHEN WITH CONFIDENCE

10

Fun & Easy  
Recipes for  
the Whole  
Family



**PARENTS**  
*Canada*

# CONFIDENCE STARTS WITH A CRACK



I come from a family where food has always been important. It's how we connect, how we celebrate, how we show love and how we tell our story. Because of this, my culinary education began early—some of my very first memories are of helping my mom and grandma in the kitchen. So, it's probably no surprise that I'm often happiest when I'm cooking.

I've carried this tradition on with my own girls. These days, Sophie, 14, and Juliette, 11, can both put a meal on the table with very little help. And believe it or not, it all started with scrambled eggs. It was the first dish I taught them to make independently and now they make them as well as I do. From there, they've learned everything from pasta carbonara to tacos and burritos, and they cook with the same joy that was instilled in me as a child.

That's why I was so excited to learn that *ParentsCanada* was teaming up with Get Cracking® to create this booklet. This collection of recipes, all featuring the incredible egg, is designed for the whole family. Each recipe includes steps simple enough for new cooks of any age, as well as fun, easy ways to get kids involved. Cracking, stirring, sprinkling and serving all encourage little hands, sparking curiosity and even helping to entice particular palates.

Just ask my kids — who, after plenty of practice, can finally crack an egg without dropping half the shell in the bowl (but if it does happen, that's okay! Check out our handy tip at right for easily removing shells).

Happy cooking,

*Katie*

Katie Dupuis  
Editor, *ParentsCanada*

## HOW TO GET EGG SHELL OUT OF A CRACKED EGG

Take the broken half of the leftover egg shell and use it to scoop out the bit of shell in your egg. The jagged part of the egg shell acts as a sort of knife breaking through the raw egg to get at the shell easily and without making a mess.



# Breakfast Burritos

Serves 4

Portable, protein-packed and easily customizable, these egg, veggie and cheese wraps come together in a snap.

## Ingredients

- 8 eggs
- ½ cup (125 mL) milk
- ¼ tsp (1.25 mL) salt
- ¼ tsp (1.25 mL) pepper
- 1 medium sweet green pepper, seeded and diced
- ½ cup (125 mL) shredded Cheddar cheese
- 4 large flour tortillas
- 1 avocado, diced
- ½ cup (125 mL) medium salsa

## Instructions

1. In a bowl, whisk together the eggs, milk, salt, and pepper. Stir in the green pepper.

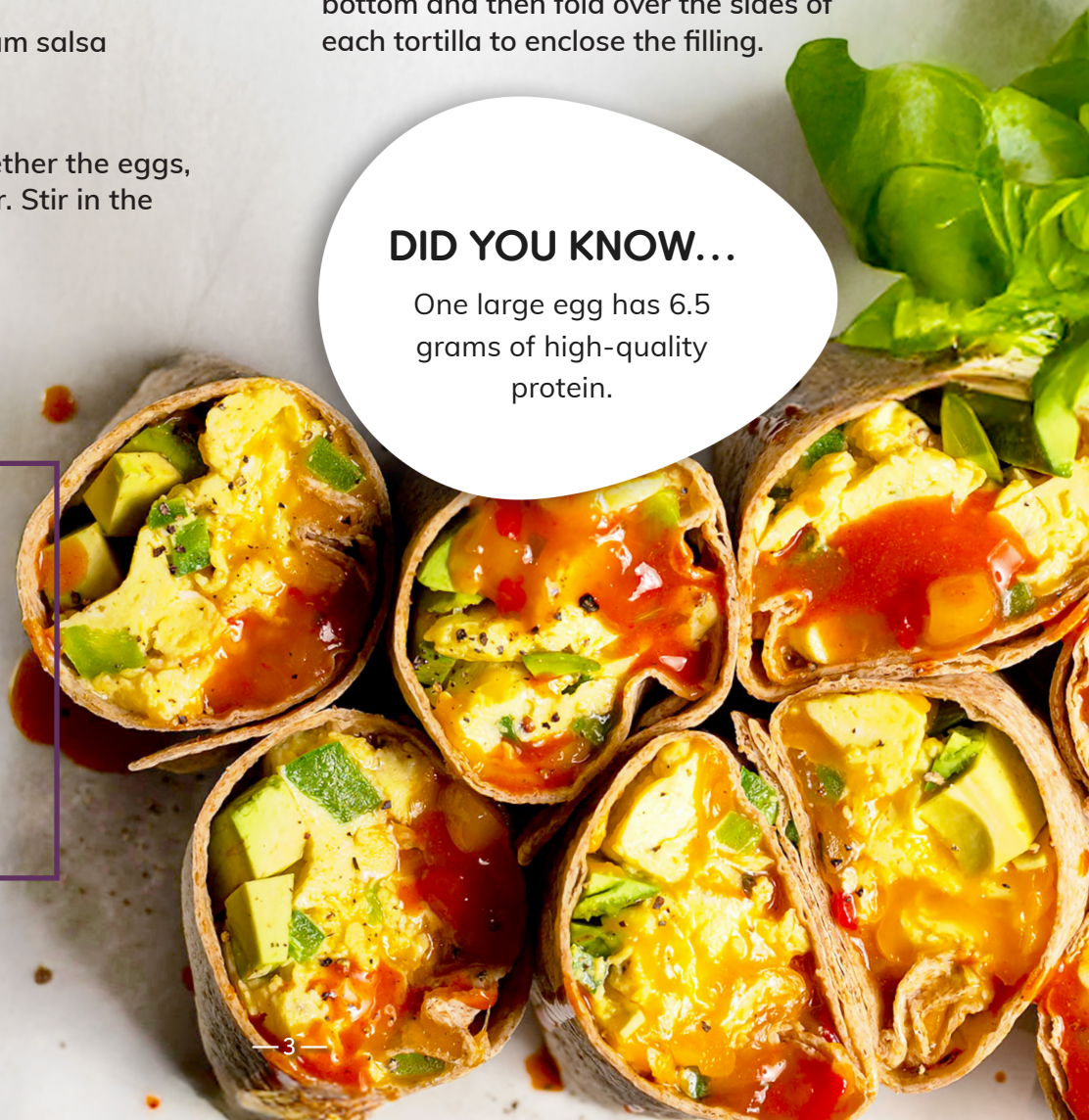
2. Pour in the egg mixture and immediately reduce the heat to medium-low. As the eggs begin to set, gently move a spatula across the bottom and side of the skillet to form large, soft curds. Cook until the eggs are thickened and no visible liquid egg remains, but the eggs are not dry.
3. Sprinkle the cheese over top.
4. Spoon a quarter of the scrambled eggs over the centre of each tortilla. Top the eggs with avocado and salsa. Fold up the bottom and then fold over the sides of each tortilla to enclose the filling.

## DID YOU KNOW...

One large egg has 6.5 grams of high-quality protein.

## KIDS IN THE KITCHEN

Let kids crack and whisk eggs, grate and sprinkle the cheese, spoon on the salsa and wrap the burritos up tight.





# Baked Banana Chocolate Chip Oatmeal

Serves 12

This warm, make-ahead baked oatmeal tastes so much like a treat that you'll want to serve it for dessert (but it's breakfast, we swear!).

## Ingredients

- 2 ripe bananas, mashed
- 2 eggs
- 1 tsp (5 mL) vanilla extract
- 1 ¼ cups (300 mL) milk
- ¾ cup (180 mL) maple syrup
- 2 cups (500 mL) rolled oats
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ½ tsp (2.5 mL) salt
- 1 cup (250 mL) chocolate chips
- Cooking spray or oil

## Instructions

1. Preheat oven to 375°F. Grease a 9×13-inch baking dish with cooking spray or oil, set aside.
2. In a large bowl combine the mashed bananas with the eggs, vanilla extract, milk and maple syrup and mix.
3. Next add the oats, baking powder, cinnamon salt and chocolate chips to the wet ingredients and stir until combined.
4. Pour the mixture into the prepared dish. Bake for 25-30 minutes, or until the top is golden brown and the oatmeal is set in the center. Allow to cool for at least 10 minutes before cutting into squares.

## DID YOU KNOW...

Brown eggs and white eggs have the same nutrition. Shell colour just depends on the breed of the hen.

**Tip:** Best served warm. Reheat in the microwave for 25 seconds. Store in an airtight container in the refrigerator for up to 5 days.

## KIDS IN THE KITCHEN

Little hands can mash the banana, stir in chocolate chips and smooth out the batter before baking.



# Confetti Macaroni Salad

Serves 6-8

It's easy to "eat the rainbow" with this salad! Elbow pasta gets tossed with tons of veggies, hard boiled eggs and creamy dressing to tick all the texture and flavour boxes.

## Ingredients

- 8 eggs
- 2 cups (500 mL) dry macaroni
- 1 cup (250 mL) mayo
- $\frac{3}{4}$  cup (180 mL) plain Greek yogurt
- $\frac{1}{4}$  cup (60 mL) chopped fresh dill (parsley would work too!)
- $\frac{1}{2}$  cup (125 mL) chopped sweet pickles (bread & butter pickles or sweet gherkins would be great too!)
- 1 tbsp (15 mL) pickle brine (from the pickle jar)
- 1 tbsp (15 mL) apple cider vinegar
- $\frac{1}{2}$  tsp (2.5 mL) kosher or sea salt
- $\frac{1}{2}$  tsp (2.5 mL) black pepper
- $\frac{1}{2}$  tsp (2.5 mL) paprika
- 1 red bell pepper, diced
- 1 cup (250 mL) frozen green peas or shelled edamame, thawed
- 1 cup (250 mL) frozen corn kernels, thawed

## Instructions

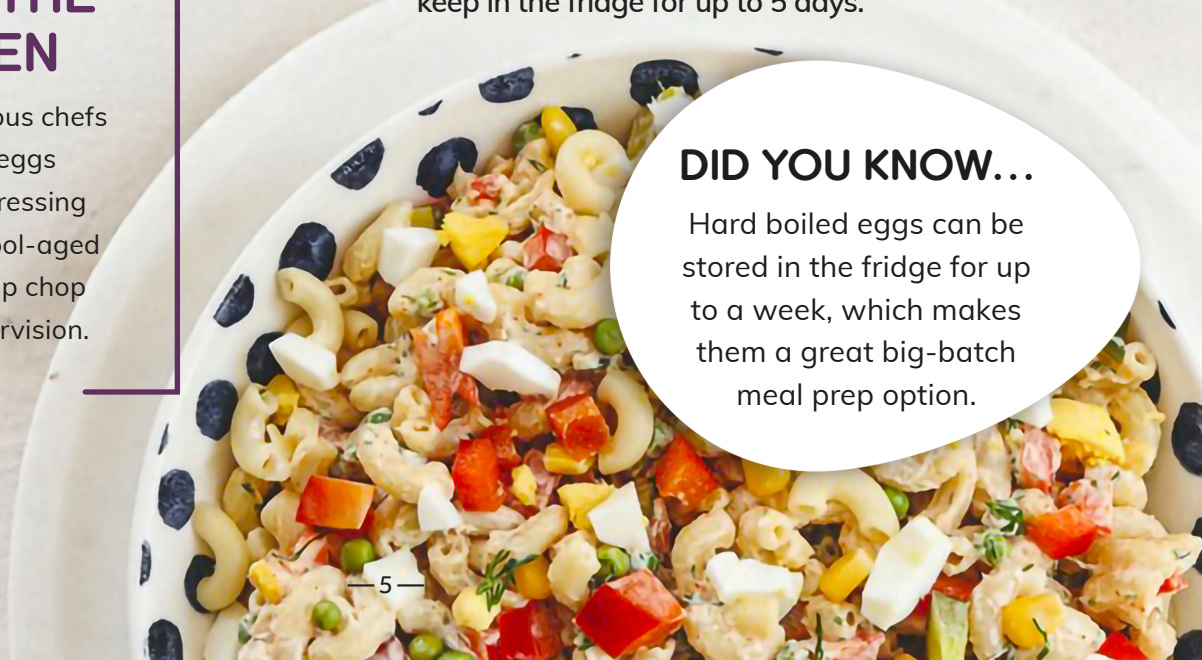
1. Put cold eggs into a small pot and fill with cold water. Bring to a boil over high heat. Once boiling, immediately turn off the heat, cover the pot and allow the eggs to sit for 12 minutes. Immediately drain the water and submerge the eggs in ice water until cool enough to peel. Peel the eggs and discard the shells. Rinse eggs under cool water then roughly chop and set aside.
2. Bring a large pot of water to a boil and cook according to package directions. Once the noodles are cooked, immediately drain and rinse noodles under cool water and set aside.
3. To a large bowl, add mayo, Greek yogurt, chopped dill, chopped sweet pickles, pickle brine, apple cider vinegar, salt, black pepper and paprika, mix until well combined. Add chopped eggs, cooked macaroni, chopped red pepper, peas and corn to the bowl and mix well until everything is coated in the dressing.
4. For best flavour, cover and refrigerate for a few hours before serving. The flavour will continue to get better as it sits in the fridge. This salad will keep in the fridge for up to 5 days.

## KIDS IN THE KITCHEN

Have your tiny sous chefs peel hard boiled eggs or stir together dressing ingredients. School-aged kids can even help chop with proper supervision.

## DID YOU KNOW...

Hard boiled eggs can be stored in the fridge for up to a week, which makes them a great big-batch meal prep option.





# Pizza Bread Pudding Serves 6

Pizza night gets a comfort food makeover with this casserole. Eggs hold it all together for a kid-approved bake.

## Ingredients

- ¼ cup (60 mL) salted butter, at room temperature
- 3 tsp (15 mL) Italian seasoning, divided 1+2
- 4 cloves of garlic, grated
- 1 340g soft baguette, halved lengthwise
- 6 large eggs
- 2 ½ cups (625 mL) whole milk
- 2 cups (500 mL) shredded mozzarella cheese, divided 1+1
- ½ cup (125 mL) sliced pepperoni
- ½ cup (125 mL) marinara sauce
- Salt & pepper, to taste
- Fresh basil leaves, for garnish

## Optional add-ins:

- Sun-dried tomatoes
- Olives
- Green bell peppers
- Mushrooms
- Onion
- Ham
- Bacon

## DID YOU KNOW...

In addition to being an excellent source of protein, eggs also contain essential vitamins and minerals, including vitamins A, D, E, choline, iron and folate.

## Instructions

1. Preheat the oven to 350°F. Grease a 9×9 baking pan and set aside.
2. In a medium bowl mix together the butter, 1 tsp Italian seasoning, and grated garlic. Spread the butter evenly onto the cut side of the baguette. Using a serrated knife cut the baguette into 1 ½ inch cubes and place cubes butter side up, on a large baking sheet lined with parchment paper. Bake for 10-12 minutes. Allow the pieces to cool for 10 minutes.
3. Meanwhile, whisk together the eggs, whole milk, remaining Italian seasoning, salt & pepper in a large bowl, until no streaks of egg whites remain. Fold 1 cup of shredded mozzarella cheese, pepperoni, and optional add-ins into the egg mixture.
4. After the toasted garlic bread cubes have cooled for 10 minutes, fold them into the egg mixture. Pour the mixture into the greased baking pan and spread the bread cubes out evenly and press them down gently into the egg mixture. Sprinkle the remaining 1 cup of mozzarella cheese on top, followed by the marinara sauce.
5. You can bake it right away, but for best results, cover and refrigerate for 4 hrs, or up to overnight. If chilling, remove the pan from the fridge and allow it to sit on the counter for 30 minutes prior to baking. Bake at 350°F for 45 minutes. Allow to cool for 10 minutes prior to serving.
6. Slice and serve with additional warm marinara sauce.

## KIDS IN THE KITCHEN

Get kids grating cheese, whisking eggs and sprinkling in add-ins for a fully immersive cooking experience.



# Cornmeal Muffins with Veggies and Cheese

Makes 12 muffins

These muffins pack a ton of veggies and protein, but they're also so big on flavour your kids won't notice. They're the perfect after-school snack!

## Ingredients

- 6 eggs, divided
- ½ cup (125 mL) milk
- 2 tbsp (30 mL) olive oil
- 1 cup (25 mL) all-purpose flour
- 1 cup (250 mL) cornmeal
- 2 tsp baking powder
- ½ tsp (2.5 mL) salt
- ½ tsp (2.5 mL) garlic powder
- ½ tsp (2.5 mL) paprika
- 1 cup (250 mL) cheddar cheese, grated
- 1 cup (250 mL) shredded zucchini
- ½ cup (125 mL) corn \* frozen works great

## Instructions

1. Preheat oven to 400°F (200°C). Grease or line a 12-cup muffin tin.
2. Heat a skillet over medium heat. Scramble 4 eggs until just set. Set aside to cool slightly.
3. In a large bowl, whisk the remaining 2 eggs, milk, and olive oil.
4. To the wet ingredients, add the flour, cornmeal, baking powder, salt, garlic powder and paprika, mix until combined.
5. Fold the scrambled eggs, cheddar cheese, zucchini, and corn into the batter.
6. Divide the batter evenly among the 12 muffin cups.
7. Bake in the preheated oven for 22–25 minutes, or until the tops are golden brown and a toothpick inserted into the center comes out clean.
8. Allow the muffins to cool in the tin for 5 minutes, then transfer them to a wire rack to cool completely. Best enjoyed warm. Reheat in the microwave for 30 seconds.

## KIDS IN THE KITCHEN

To involve them from start to finish, your kitchen helpers can whisk, stir dry ingredients into wet and divide batter between muffin cups.

## DID YOU KNOW...

Eggs are one of the only foods which naturally contain Vitamin D, known to help build strong bones and teeth.



# Scrambled Egg Tacos Serves 4

It's Taco Tuesday made easy. Scrambled eggs + salsa + avocado = dinner in minutes.

## Ingredients

- 1 tbsp (15 mL) butter or oil
- 9 eggs
- ½ cup (125 mL) milk
- ½ tsp (2.5 mL) salt
- ½ tsp (2.5 mL) pepper
- ½ cup (125 mL) cheese, grated
- 2 cups (500 mL) chopped veggies of choice (bell pepper, tomato, onion, zucchini, corn etc.)
- 1 avocado, chopped
- 12 corn or flour tortillas, warmed in the oven or microwave
- ½ cup (125 mL) salsa

## Instructions

1. Heat a large skillet over medium-low heat, add butter or oil. Once melted, swirl to coat the pan.
2. While the pan is heating, in a medium sized bowl, whisk together the eggs and milk.
3. To the hot skillet, add the whisked egg and gently fold it as it cooks. Once almost set, stir in the salt and pepper and once set remove from heat immediately and transfer to a bowl.
4. Serve family style and allow your kids to make their own tacos, picking the veggies they want.
5. For adults and more adventurous eaters, we recommend adding the scrambled egg first to the tortilla, topped with cheese so it can melt a bit, followed by the veggies, avocado and salsa, enjoy!

## KIDS IN THE KITCHEN

It's all about the toppings with this one! Slicing avocado, grating cheese and chopping veggies under supervision are all possible tasks for your kiddos.

## DID YOU KNOW...

Cooking eggs low and slow keeps them creamy and prevents them from overcooking.



# Ham and Egg Quesadillas Serves 2

Quick, melty and so satisfying, these tasty tortillas crisp up beautifully in a pan to give you a little crunch along with your cheese-pull.

## Ingredients

- 1 tsp (5 mL) vegetable oil
- ½ cup (75 mL) chopped ham
- ½ cup (75 mL) diced red or green sweet pepper
- 1 green onion, sliced
- 4 eggs
- 1 tbsp (15 mL) milk (1%)
- 2 large whole wheat flour tortillas
- ½ cup (125 mL) shredded low fat Cheddar or Monterey Jack cheese
- Salsa (optional)

## Instructions

1. Heat oil in large non-stick skillet over medium-high heat. Add ham, sweet pepper and green onion; cook, stirring, 2 minutes.
2. Whisk eggs and milk in medium bowl. Pour into skillet; stir gently until soft curds form. Spoon onto plate; keep warm.

3. Clean skillet; place a tortilla in skillet over medium heat. Sprinkle half of cheese over tortilla. Top with egg mixture. Sprinkle remaining cheese over egg mixture. Place other tortilla on top; press down.
4. Cook until tortilla is lightly browned on bottom. Flip and cook other side.
5. Transfer to large plate; cut into eight wedges. Serve with salsa, if desired.

## KIDS IN THE KITCHEN

Kids can help grate cheese, chop veggies under supervision and fold tortillas before they go into the frying pan.

## DID YOU KNOW...

Egg yolks vary in colour from light yellow to deep orange depending on the hen's diet, but the colour doesn't affect the egg's nutritional value.





# Fudgy Brownies with Chocolate Frosting

Makes 20 brownies

The perfect ending to this recipe roundup, these brownies end up with that perfect crackly outside, chewy inside texture that everyone loves.

## Ingredients for brownies

- 1  $\frac{1}{4}$  cup (315 mL) all-purpose flour
- 1 tsp (5 mL) baking powder
- $\frac{1}{2}$  tsp (2.5 mL) salt
- $\frac{3}{4}$  cup (175 mL) butter or margarine
- $\frac{3}{4}$  cup (175 mL) unsweetened cocoa powder
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) granulated sugar
- 4 eggs
- 2 tsp (10 mL) vanilla extract
- 1 cup (250 mL) chopped walnuts

## Ingredients for frosting

- 2 tbsp (30 mL) butter or margarine
- $\frac{1}{4}$  cup (60 mL) unsweetened cocoa powder
- $\frac{1}{2}$  tsp (2.5 mL) vanilla extract
- 2 cups (500 mL) sifted icing sugar
- $\frac{1}{4}$  cup (60 mL) milk (1%)

## Instructions for brownies

1. Preheat oven to 350°F (180°C).
2. Combine flour, baking powder and salt in medium bowl; set aside. Melt butter in large saucepan over low heat; remove from heat. Stir in cocoa. Beat in brown sugar, sugar, eggs and vanilla. Stir in dry ingredients and walnuts. Spray or butter a 9-inch (23 cm) square pan. Spread batter in pan. Bake in preheated 350°F (180°C) oven for 40 minutes. Do not overbake. Cool completely.

## Instructions for frosting

Melt butter over low heat in medium saucepan. Remove from heat. Stir in cocoa and vanilla. Stir in icing sugar and milk until smooth and of spreading consistency. Spread icing over cooled brownies.

## DID YOU KNOW...

Eggs have a lot to offer baked goods. They bring structure, moisture, richness and flavour.

## KIDS IN THE KITCHEN

Let them crack the eggs, obviously. They can also measure ingredients with a little help, and they're obviously all about the stirring.





# EGG-SPLORE EVEN MORE IN THE KITCHEN

VISIT THE GET CRACKING® WITH EGGS  
DIGITAL HUB AT PARENTSCANADA.COM



We're excited to partner with Get Cracking® to bring you the very best of eggs. With guidance from Registered Dietitians, we've packed the hub with facts about this nutrient powerhouse—and plenty of tasty inspiration for your family.

Here are just a few of the resources you'll find...



**Building Kitchen  
Confidence: Easy Ways  
to Feed Your Busy  
Family with Eggs**



**Eggs 101: Everything You  
Need to Know About This  
Kitchen Staple**



**Why You Should Always  
Have a Dozen Eggs in  
The Fridge**

Scan the QR code to explore the *Get Cracking® with Eggs* digital hub on ParentsCanada.com, where you'll find everything you need to know about eggs—plus even more tasty recipes to try.







For more egg recipes and kid-friendly  
kitchen tips, visit [eggs.ca](http://eggs.ca)

**PARENTS**  
*Canada*