

Sunny Side Up:

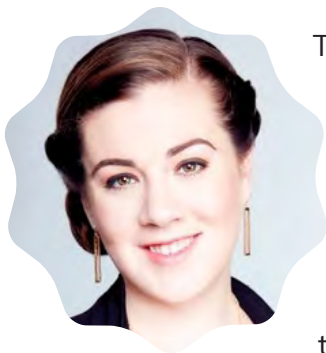
SUMMER RECIPES WITH EGGS

5

Recipes That
Are Perfect
for the
Season

Summer

STARTS IN THE KITCHEN



There's something special about summertime cooking. The produce is bountiful and colourful, meals move outdoors and somehow everything feels a little more relaxed. On any given day, you could be pulling together a last-minute picnic in the park (or at the baseball diamond or soccer field, depending on the kids' activities), inviting friends over for an impromptu BBQ or looking for a quick and easy dinner after a day at the beach. And the good news is, eggs will come through every time.

Eggs are affordable, versatile and packed with protein, and they pair perfectly with the flavours of the season—from sweet berries and zucchini to fresh herbs, tomatoes and corn. They can anchor breakfast, round out lunch, become an easy weeknight supper or transform into snacks and treats your brood will love.

Inside, you'll find five family-friendly recipes designed to make the most of summer (and many include tasks little helpers can tackle along the way!).

So, here's to long evenings, the season's best ingredients and making memories around the table.

Happy cooking,

Katie

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THE SECRET TO EASY-PEEL EGGS

Older eggs peel more easily than very fresh ones, so if you're making egg salad or devilled eggs for a picnic, choose eggs that have been in your fridge for about a week.

Cheesy Veggie Egg Bites Serves 10

These yummy little gems are a delicious way to use up summer zucchini. Packed with vegetables, protein and flavour, they're perfect for lunchboxes, picnics or grab-and-go snacking.

Ingredients

- 3 medium/large zucchini, grated
*about 4 cups
- 1 large carrot, grated
- 3 eggs, whisked
- 2 cups grated cheese
- 1 cup cornmeal
- $\frac{3}{4}$ tsp salt

Instructions

1. Preheat oven to 350°F and line two baking sheets with parchment paper. Set aside.
2. Place grated zucchini in a fine-mesh strainer, positioned over a medium bowl. Sprinkle with $\frac{1}{4}$ tsp salt and stir to combine. Allow to set for 10-15 min, until liquid has started to drain out of the vegetables.
3. After 15 min, using your hands, scoop up zucchini-carrot mixture and squeeze out any excess liquid (there will be a lot!). Then, discard the liquid and place the veggies in another medium bowl. Repeat with remaining zucchini-carrot mixture.
4. To the bowl with zucchini-carrot mixture, add remaining ingredients and stir until combined. Form about 2 tbsp of mixture into a patty and place on prepared baking sheets. Repeat with remaining mixture.
5. Bake in preheated oven for 20-25 min, flipping halfway through. They will be lightly browned.
6. Allow to cool and store in an airtight container in the fridge for up to 4 days. These freeze very well too, so make a double batch if you have a ton of zucchini!

DID YOU KNOW...

Eggs are an excellent source of choline, a nutrient that's important for brain development, cognitive health and nervous system function.

NOTE: These freeze very well, so make a double batch if you have lots of zucchini to use.

High-Protein Fudgesicles Serves 6-8

These creamy, dreamy fudgesicles are made with hard-boiled eggs making them the perfect high-protein treat for hot summer days! Your kids can help push the buttons on the blender and pour them into popsicle moulds.

Ingredients

- 6 eggs, hard-boiled and peeled
- $\frac{1}{3}$ cup whole milk
- $\frac{1}{2}$ cup maple syrup
- $\frac{1}{3}$ cup cocoa powder, sifted
- 2.5 tsp vanilla extract
- Pinch of salt

Instructions

1. To a high-speed blender, add hard-boiled eggs, milk, maple syrup, cocoa powder, vanilla and salt.
2. Blend until the mixture is completely smooth and creamy. Stop and scrape down the sides as needed to make sure no pieces of egg remain.
3. Pour the mixture evenly into popsicle moulds. Tap the moulds on a flat surface gently to remove any air bubbles.
4. Insert popsicle sticks and freeze for at least 4 hours, or until fully solid.
5. To remove, run the outside of the moulds under warm water for a few seconds, then gently pull out the fudgesicles.
6. Serve immediately, and return any extras to the freezer.

DID YOU KNOW...

One large single egg has 6.5 grams of high-quality protein, making it one of the easiest ways to add more protein to any meal or snack (even popsicles!).

One-Bowl Mixed Berry Oat Muffins

Serves 12

These muffins are loaded with oats and berries for a burst of flavour and colour, and a boost of fibre. Make a batch and bring them on a summer picnic for the perfect portable snack.

Ingredients

- 2 large ripe bananas, mashed
- 2 eggs
- ½ cup plain Greek yogurt
- ¼ cup maple syrup or honey
- 1 tsp vanilla
- 2 tbsp oil or melted butter
- 2 cups oat flour (or blend 2 cups of rolled oats into a fine flour)
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- ½ tsp salt

Instructions

1. Preheat oven to 350°F. Line a 12-cup muffin tin with liners or spray with oil.
2. In a large bowl, whisk together mashed bananas, eggs, Greek yogurt, maple syrup or honey and oil or butter.
3. To the wet ingredients, add oat flour, baking powder, baking soda, cinnamon and salt, stirring until just combined.
4. Toss the frozen berries with 2 tbsp of oat flour to prevent sinking.

5. Gently fold berries into muffin batter.
6. Divide batter into prepared muffin cups, using a ¼-cup measuring cup.
7. Bake muffins in preheated oven for 20-24 min, until a toothpick comes out clean.
8. Let the muffins sit for 10 min before transferring to a cooling rack.

DID YOU KNOW...

Brown and white eggs have the same nutritional value—the colour comes down to the breed of the hen.

Storage Tips: Cooled muffins can be stored on the counter in an airtight container for up to 3 days, or in the fridge for up to a week. For longer storage, freeze muffins in an airtight container or freezer bag for up to 3 months.

French Toast Skewers Serves 6

French toast gets a playful twist with this recipe. Thick slices of whole grain bread are dipped in a cinnamon-vanilla egg mixture before cooking to golden perfection. Alternating cubes of French toast with fresh fruit creates an eye-catching breakfast that's fun for the kids to assemble and even more fun to eat.

Ingredients

- 3 eggs
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ tsp vanilla
- 4 (1-inch) thick slices day-old whole grain bread
- 3 medium bananas
- 18 strawberries
- $\frac{3}{4}$ cup fruit-flavoured or vanilla yogurt

Instructions

1. In a shallow bowl, whisk together eggs and cinnamon until blended. Whisk in milk and vanilla.
2. Spray large skillet with cooking spray. Heat skillet over medium.
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. Place bread on hot skillet. Cook until bottom is golden brown, 1 to 2 min. Turn over and cook other side until browned.
4. Remove bread from skillet and place on cutting board. Cut each slice into three equal strips, then each strip into 3 cubes. Cut each banana into 6 slices.
5. Thread a cube of bread onto 8-inch wooden skewer. Alternately add fruit and bread so skewer has 3 bread cubes and 3 portions of fruit. Repeat with remaining bread cubes and fruit, making 12 skewers.
6. Serve with yogurt for dipping.

DID YOU KNOW...

More than 1200 Canadian egg farmers produce hundreds of millions of dozens of eggs every year, to keep this staple on tables across the county.

Tips:

- Buy unsliced bread and slice it yourself or ask to have it thickly sliced at the bakery or grocery store.
- Day-old bread is best for French toast; when dipped in the egg mixture, it will hold its shape better than fresh bread.

Variations:

- Use the bread of your choice (e.g. white, raisin, sourdough).
- Omit cinnamon; use chocolate milk instead of white milk.
- Drizzle kabobs with maple syrup, fruit syrup or chocolate sauce.

Egg Muffin Cups

Serves 6

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 mid-afternoon summer snack!

Ingredients

- 12 eggs
- Pinch each salt and pepper
- 1 cup loosely packed fresh spinach, chopped
- 1 plum tomato, diced
- 1 small sweet pepper, diced
- ½ cup (125 mL) shredded cheddar cheese

Instructions

1. Preheat oven to 350°F. Grease a 12-cup muffin pan.
2. In a medium bowl, whisk together eggs, salt and pepper; set aside.

3. In another bowl, combine spinach, tomato, sweet pepper, and cheese. Evenly divide the mixture between the muffin cups, spooning about 2 tbsp into each cup.

4. Pour egg mixture into each muffin cup, almost filling to the top of the cups.

5. Bake until set, about 15 to 18 min.

DID YOU KNOW...

Eggs are one of the few foods that naturally provide vitamin D—an important nutrient for healthy bones, teeth and immune function.

Tip:

To make ahead, let the egg muffins cool completely after baking, then store them in an airtight container in the refrigerator for up to 2 days, or in the freezer for up to 1 month.

Variations:

Substitute any of the filling ingredients with other chopped, diced or shredded vegetables, cooked meat or fish, or cheese of your choice. Aim for about 2 tablespoons (30 mL) filling per egg muffin, or 1-½ cups in total.

