Fall Favourites

FRESH IDEAS WITH EGGS

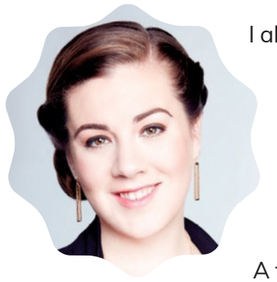


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Recipes to Change Up the School Routine

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PARENTS Canada

FALL INTO *Solutions*



I always have mixed feelings about the school-year routine. I love the predictability of it, especially after the less structured summer months, but by the middle of October, some of the novelty has definitely worn off. The mornings are rushed, the evenings are jam-packed and the lunchboxes that seemed so full of possibility in September are starting to look suspiciously familiar.

A few weeks ago, I found myself standing in the grocery store wracking my brain for easy meal and snack wins. I had a half-full cart, but it was like I was already bored of all the tricks I usually have up my sleeve for making sure my kids are fuelled up for the school day and all their extracurriculars. We'd barely settled into our fall routine and I was already running out of inspiration.

And then it was just like in the movies, when the main character realizes the solution has been in front of them the whole time: My eyes landed on the egg case. If I'd been a cartoon, a lightbulb would have gone off above my head. Eggs! My girls love so many things made with them, from pancakes and breakfast sandwiches to quesadillas and baked treats, and they factor into so many of the things I can make ahead to take some pressure off during the week.

Affordable, versatile and packed with protein, eggs can play a starring role in grab-and-go breakfasts, lunchbox favourites, after-school snacks and quick and easy dinners. So, in case you're already feeling a little stuck in your school-year food routine, too, we're sharing five yummy egg recipes to help get you through the busy weeks ahead.

Here's to full lunchboxes, easier evenings and an egg-stra trick or two to get us through to the winter break.

Happy cooking,

Katie

Katie Dupuis
Editor, *ParentsCanada*

EGG TIP #1:

Break an egg against a flat surface, like a clean counter or cutting board. This stops bits of eggshell from being pushed into the egg.

PUMPKIN EGG PANCAKES Serves 4

September arrives and all of a sudden, pumpkin shows up everywhere. These pancakes have all the warm, cozy flavours of fall, with a protein boost from the eggs (plus chocolate chips because why the heck not?). Make a double batch and freeze the extra for an easy school-morning brekkie.

Ingredients

- 3 eggs
- 1 cup pumpkin puree
- 1 tbsp maple syrup
- ⅔ cup flour
- ½ tsp baking powder
- 1 tsp cinnamon
- ⅛ tsp nutmeg
- Pinch of salt
- 2 tbsp water
- ⅓ cup chocolate chips
- Butter for frying pancakes
- Extra maple syrup, Greek yogurt and blueberries, for serving

Instructions

1. To a medium bowl, add eggs, pumpkin puree and maple syrup, and whisk until smooth. Add flour, baking powder, cinnamon, nutmeg and salt, mixing until just combined. Stir in water and chocolate chips.
2. Heat a medium non-stick skillet over medium-low. Add 1 tbsp butter and swirl until melted. Add batter, about ¼ cup at a time. Cook for about 2-3 min, until golden, then flip and cook for another 2-3 min. Repeat with remaining batter. Serve with maple syrup, Greek yogurt and blueberries.

EGG TIP #2:

It's tempting to transfer eggs to the tray that came with your fridge, but actually, the carton helps to protect them and keep them from absorbing fridge odours.

BREAKFAST BISCUITS Serves 8

These delicious make-ahead biscuits are packed with the good stuff (including eggs!), making them an excellent breakfast solution for busy weekdays. But it doesn't stop there: They're also the ideal base for breakfast sandwiches on slower weekend mornings.

Ingredients

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- 1 tbsp oil
- ½ yellow onion, diced
- ½ red bell pepper, diced
- 2 large mild Italian sausages, casing removed
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 tbsp dried sage
- 6 large eggs, whisked
- 1 cup marble cheese, shredded

Instructions

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. In a non-stick skillet over medium, add oil, onions and peppers. Cook until onions are translucent and peppers are softened. Remove veggies from the pan and set aside to cool.
3. To the same pan, add sausage and, using a wooden spoon, break up into bite-sized pieces; cook until sausage is browned and cooked through. Set sausage aside to cool.
4. In a large mixing bowl, whisk together flour, baking powder, salt and sage. Stir in whisked eggs, until combined. Add cheese, cooked sausage and vegetables and mix until just combined.
5. Using an ice cream scoop, scoop 1/3-cup portions onto prepared baking sheet.
6. Bake for 10-15 min, or until the tops are golden and a toothpick inserted into the centre of each biscuit comes out clean.



EGG TIP #3:

Use eggs to give leftovers a second life. A handful of cooked vegetables, leftover roasted potatoes or even yesterday's pasta can easily become a quick frittata. Add beaten eggs, sprinkle with cheese and cook until set.

EGG QUESADILLAS Serves 2

Quesadillas are universally beloved by parents for their ability to work in pretty much every situation. Need to pop breakfast into a kid's hand on the way to the bus? Quesadilla. Lunchbox looking a little sad? Quesadilla. Rushing to get a quick dinner on the table? Quesadilla. And egg quesadillas with corn and black beans? Genius.

Ingredients

- ½ cup corn
- ½ cup black beans
- ¼ cup red onion, diced
- ½ tsp garlic powder
- Salt and pepper to taste
- 2 tbsp oil, divided
- 6 eggs, whisked well
- 2 9-inch whole wheat tortillas
- ⅔ cup cheese, grated
- Salsa and guacamole, for serving

Instructions

1. To a medium non-stick pan over medium, add corn, black beans, red onions, garlic powder, salt and pepper. Sauté for 5 min, until veggies are softened and fragrant.
2. In a large non-stick skillet, heat 1 tbsp oil over medium. Once hot, pour in half of the whisked eggs, swirling to coat the bottom of the pan. Cook for 2 min, until almost set.
3. Place one tortilla on top of the eggs and press down, then carefully slide the spatula underneath the eggs and flip (the eggs should now be facing up with the tortilla side down in the pan).
4. Add half of the cheese and half of the bean-corn mixture one side of the egg. Fold the tortilla in half, so the filling is enclosed, and cook for another 2-3 min, until quesadilla is golden. Remove from the pan and place on a plate.
5. Repeat with the remaining ingredients. Slice each quesadilla into 4 pieces and serve with salsa and guacamole.



EGG TIP #4:

Eggs are a way to get your kids involved in cooking. Have them help whisk the eggs and add the fillings for this recipe.

CHOCOLATE-ALMOND COOKIES

Makes 24 cookies

These cookies are the best after-school (and after-work!) treat. Chocolate-y and nutty with the perfect amount of sweetness, they're like the chocolate chip cookie's older, more sophisticated sibling.

Ingredients

- 1 cup slivered blanched almonds
- ¾ cup white granulated sugar
- ½ cup unsalted butter, at room temperature
- 1 egg
- 1 tbsp almond extract
- 1 ¼ cups all-purpose flour
- ½ tsp baking soda
- ¼ tsp salt
- 2 tbsp cocoa powder

Instructions

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. Spread 1 cup of almonds on the prepared baking sheet and bake for 4-5 min, until golden. Remove from the oven and allow to cool, then transfer to a food processor and blitz into a fine powder.

2. To a large mixing bowl, add sugar and butter and, using a hand mixer, cream together until pale in colour. Add the egg and almond extract, then mix again until well combined.

3. In a separate bowl, sift together flour, baking soda, salt and cocoa powder. Add to the wet ingredients along with the blitzed almonds. Mix gently with a rubber spatula until combined.

4. Cover the cookie dough with plastic wrap and place in the fridge for at least 30 min (you can chill overnight, if you like).

5. When ready to bake, preheat oven to 350°F and line a baking sheet with parchment paper. Pinch off 1-inch pieces of dough and roll into balls. Place balls onto the prepared baking sheet and press down gently to flatten cookies slightly.

5. Bake for 10-12 min, until cookies are golden on the bottom. Allow cookies to cool completely before enjoying.



EGG TIP #5:

If a recipe calls for room temperature eggs and yours are still in the fridge, fear not. You can bring them to room temp by placing them in a bowl of warm (not hot) water for 5-10 minutes.

SCHOOL'S OUT BLUEBERRY PUDDING CUPS

Serves 4

Adding eggs to classic vanilla pudding gives it a luscious, creamy texture (and a hit of protein while you're at it!). Layered with your favourite flavour of jam — we love blueberry — as well as vanilla cookie crumbs, this is an after-school treat worth running home for.

Ingredients

- 3 cups whole milk
- ⅓ cup white granulated sugar
- 3 tbsp cornstarch
- 2 eggs
- 2 tsp vanilla extract
- 1 cup blueberry jam
- 6 vanilla cookies
- Gummy candies, for garnish

Instructions

1. In a medium saucepan, off heat, add ¼ cup of milk along with sugar, cornstarch, eggs and vanilla extract. Whisk mixture until smooth.

2. Add remaining milk and slowly heat the mixture over medium-low, whisking occasionally, until thick enough to coat the back of a spoon. (NOTE: Don't rush this step; you don't want to risk curdling the milk.)

3. Transfer the mixture to a bowl and cover with plastic wrap, ensuring the wrap is making direct contact with the pudding. This will prevent a skin from forming on top. Allow the pudding to cool in the fridge for at least 2 hours.

4. Meanwhile, to a zip top bag, add vanilla cookies and seal the bag. Using a mallet or rolling pin, crush the cookies into a sand-like texture.

5. Spoon pudding into 4 clear glasses, top with blueberry jam and crushed cookies. Garnish with gummy candy.

EGG TIP #6:

If a piece of shell falls into your mixing bowl, use a larger piece of eggshell to scoop it out. Shell attracts shell, plus the sharp edge makes it easier to catch fragments.



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For more egg recipes and kid-friendly kitchen tips, visit eggs.ca

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