



### MORE IDEAS FOR MOM'S POTATO SALAD

This basic potato salad recipe can be dressed up easily! Here are a few ideas:

1. Chop pickles, celery, purple onions, or broccoli and toss in when you add the dressing.
2. Try substituting baby potatoes for the white potatoes. Leave the skins on and slice the potatoes in half (or into bite-sized pieces) before tossing.
3. Cubed or shredded cheese goes well with potato salad. Try a sharper cheese for stronger flavour.

### MOM'S POTATO SALAD

Great for BBQ season, this recipe will feed the whole crowd!

8–10	white potatoes (or enough to fill a large serving bowl)	8–10
12	hard-cooked eggs, peeled	12
250–500 mL	mayonnaise	1–2 cups
15 mL	dry mustard	3 tsp
5 mL	celery salt	1 tsp
1 mL	fresh ground pepper	1/8 tsp
	paprika	
	fresh chives, chopped	

1. Peel and chop potatoes into similar-sized cubes, and boil on the stovetop for 15–20 minutes, until fork-tender. Don't overboil, or the salad will become mushy. Drain, rinse with cold water. Set aside to cool.
2. Chop 10 of the eggs; place into bowl with cooled potatoes. Slice the remaining two eggs into quarters; set aside.
3. In a separate bowl, combine 250 mL (1 cup) of mayonnaise with the mustard, salt, and pepper. Gently toss the potatoes and eggs with the dressing, adding more mayonnaise if needed.
4. Place salad into serving dish. Garnish with the quartered eggs, paprika, and chives. Chill well before serving.



EGGSTRAVAGANCE is all about eggs, featuring recipe ideas and cooking tips to help make eggs a part of your healthy lifestyle. To subscribe, please send an email to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca). EGGSTRAVAGANCE is published monthly by the Alberta Egg Producers.

### EGG-CELLENT IDEAS:

## TOMATO BASIL QUICHE

15 mL	butter	1 tbsp
125 mL	chopped red onion	½ cup
125 mL	chopped red bell pepper	½ cup
1	baked 23 cm (9 in) deep dish pie shell	1
250 mL	Monterey Jack cheese, shredded	1 cup
75 mL	Parmesan cheese, freshly grated	⅓ cup
4	eggs	4
25 mL	parsley, freshly chopped	2 tbsp
5 mL	basil, crumbled	1 tsp
2 mL	salt	½ tsp
2 mL	pepper, freshly ground	½ tsp
250 mL	light cream (10% m.f.)	1 cup
2	Roma tomatoes, thinly sliced	2

1. Melt butter in a frying pan over medium heat. Add onion and red pepper; sauté until just barely tender, about 5 minutes. Cool completely.
2. Spoon onion mixture into the pie shell. Sprinkle with Monterey Jack and Parmesan cheese.
3. Whisk together eggs, parsley, basil, salt and pepper. Whisk in cream. Pour egg mixture evenly over the top of the cheese. Arrange tomato slices on top.
4. Bake at 180° C (350° F) for 55–60 minutes or until a knife inserted in the centre comes out clean. Let stand for 10 minutes before serving. Do not freeze. Serves 8.



### DID YOU KNOW...

Egg shells repel some garden pests. Break up egg shells and sprinkle them around your plants. Slugs don't like the shells and will leave your plants alone.

### FEEDBACK:

How do you recycle your styrofoam egg cartons? Send your ideas to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack.

## EGGS 101

### Tips for a Perfect Quiche

1. Use cream instead of milk in your quiche – milk can make the quiche runny.
2. To keep the crust from becoming soggy, sprinkle the bottom with grated cheese after pre-baking it (and before pouring in the egg mixture).
3. Don't forget to let the quiche rest after baking! The quiche will slice easier and taste better.

### EGG TIP:

When choosing eggs to hard-cook, always use the oldest eggs in your refrigerator. Fresher eggs are harder to peel, so always use your older eggs for hard-cooking to make peeling easier!

### EGG FACT:

Omega-3-enriched eggs contain ten times the omega-3 fatty acids of a regular egg. The omega-3 is added to the egg through the process of feeding hens a diet high in flax seed.