



### TOPPING VARIATIONS

- For an easy, healthy breakfast, try turkey bacon with tomatoes and onions. Substitute the shredded mozzarella with a low-fat variation of your favourite cheese!
- Italian sausage and salsa make for a spicy variation! Substitute the shredded mozzarella for a shredded Mexican cheese blend.
- Try smoked salmon and chives for an elegant brunch menu. Substitute half of the shredded mozzarella for ¼ cup of shredded Fontina. Garnish with salmon roe or capers.

### SCRAMBLED EGG PIZZA

1 (225 g)	loaf frozen whole wheat bread dough, thawed	1 (16 oz)
250 mL	chopped zucchini or green sweet pepper	1 cup
250 mL	sliced fresh mushrooms	1 cup
1 mL	crushed red pepper	¼ tsp
15 mL	cooking oil	1 tbsp
8	eggs	8
125 mL	milk	½ cup
15 mL	butter	1 tbsp
175 mL	shredded mozzarella cheese	¾ cup
2	strips bacon, cooked, drained, and crumbled	2

1. On a lightly floured surface, roll bread dough into a 35 cm (14 inch) wide circle. Transfer dough to a greased 33 cm (13 inch) pizza pan or pizza stone. Build up the edges slightly. Prick the dough generously with a fork. Bake in a 190° C (375° F) oven for 15 to 20 minutes or until light brown.
2. Meanwhile, in a large skillet cook zucchini or green sweet pepper, mushrooms, and crushed red pepper in hot oil for about 5 minutes, or until vegetables are almost tender. Remove vegetables and drain.
3. In a large bowl beat together the eggs and milk. In the same skillet melt the butter over medium heat; pour in egg mixture. Cook, stirring constantly, until the eggs are scrambled but still wet, about 4 minutes. Don't overcook, as the eggs will continue cooking in the oven. Remove from heat.
4. Sprinkle half of the shredded cheese over the hot crust. Top with scrambled eggs, zucchini mixture, bacon, and remaining cheese. Bake for 5 to 8 minutes until the cheese melts. Serves 10.



## EGG-CELLENT IDEAS

### Strawberry Chocolate Meringue Torte

4	large egg whites	4
1 mL	salt	¼ tsp
1 mL	cream of tartar	¼ tsp
250 mL	sugar	1 cup
500 mL	sliced strawberries	2 cups
5 mL	sugar	1 tsp
75 mL	semi-sweet chocolate chips	5 tbsps
500 mL	whipping cream	2 cups



- Preheat oven to 130° C (250° F).
- Cover a large baking sheet with parchment paper. Draw two 20 cm (8 inch) circles on paper. Turn paper over and secure to the baking sheet with masking tape.
- Beat egg whites, salt, and cream of tartar with an electric mixer at high speed until foamy. Gradually add 250 mL sugar, 15 mL at a time, beating until all the sugar is dissolved and stiff peaks form.
- Spread the meringue onto circles, smoothing with a spoon. Bake at 130° C (250° F) for 1 hour or until the meringues are crisp.
- Meanwhile, sprinkle strawberries with 5 mL of sugar; cover and set aside.
- Sprinkle each meringue with 30 mL chocolate chips. Return the meringues to oven; turn off heat, and let stand for 5 minutes. Spread the softened chocolate with a spatula. Cool meringues to room temperature.
- Place 1 meringue on a serving platter and spread half of the whipped cream over top. Arrange half of the strawberries over the whipped cream. Top with remaining meringue and spread the rest of the whipped cream over top. Arrange the remaining strawberry mixture over the whipped cream. Place 15 mL of chocolate chips in a small microwave-safe bowl. Microwave on high for 1 minute or until the chips are soft. Stir chocolate; drizzle over top of the torte. Cut into 8 wedges and serve.

For more egg-cellent desert ideas, go to [www.eggs.ab.ca/recipes/index.htm](http://www.eggs.ab.ca/recipes/index.htm)!

### DID YOU KNOW...

- A whipped egg white can foam up to 6–8 times its original volume if the egg whites were at room temperature for 30 minutes prior to whipping.
- The smallest amount of fat will ruin a meringue: egg whites won't whip if there is any fat in them. Never use plastic bowls to whip egg whites, as the plastic can harbour tiny bits of fat or moisture.

### FEEDBACK:

Do you compost your egg shells? Send us your composting tips to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack.

## EGGS 101

### The Perfect Meringue

1. Meringues work best with eggs that are 3–4 days old.
2. Bring the egg whites to room temperature before whipping.
3. Always use glass or stainless-steel bowls for whipping egg whites.
4. Whip the eggs before adding any sugar—adding sugar first will double the time it takes to whip eggs into peaks.
5. Test the whipped egg whites to make sure all the sugar is dissolved by rubbing some between your fingers.

### EGG TIP:

Cold eggs separate more easily than those at room temperature because the whites hold together better.

### EGG FACT:

One egg contains 14 essential nutrients, including vitamin A, vitamin D, and vitamin B12.