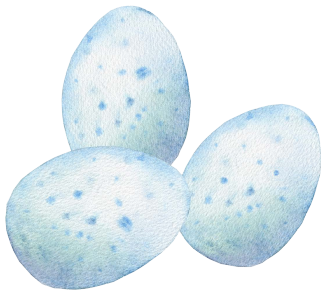


EGGS

Home | VermontHarvestoftheMonth.org



Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Storage Tips

Store eggs in their original carton in the refrigerator. Do not wash eggs before storing. Wash hands after handling eggs. Use eggs within 3-5 weeks of purchase.

Tidbit

Did you know? Eggs are a good source of protein and contain essential vitamins and minerals. They are also a great source of choline, which is important for brain health.

Cooking Tips

Substitute maple syrup for white sugar in baked goods- decrease the liquid in your recipe by 2-4 Tbsp for each cup of syrup used

Reserve dark maple syrup for baking or cooking

Recipes

Maple Granola

Yield: 5 cups

Ingredients:

- 4 1/2 cups old fashioned oats
- 1/4 cup raisins
- 1/4 cup dried apple slices
- 2 Tbsp. flaxseed
- 2 tsp. ground cinnamon
- 1/2 cup vegetable oil
- 1/2 cup maple syrup

Directions:

1. Preheat oven to 350°F.
2. Combine all dry ingredients, except dried fruit, and stir until everything is well distributed. Add oil first and then liquid sweetener, and stir until well combined.
3. Pour out onto a large rimmed cookie sheet and place in oven. Bake for a total of about 20 minutes, stirring every five minutes.
4. Granola is done when it is browned and crispy. Remove from the oven. Mix in dried fruit.

Source: GMFTS

Roasted Roots with Maple Glaze

Yield: 4-6 servings

Ingredients:

- Canola or olive oil
- 1 1/2 lbs mixed root vegetables
- Salt and pepper, to taste

Glaze Ingredients:

- 1 Tbsp. maple syrup
- 1 Tbsp. butter

Directions:

1. Preheat oven to 400° F.
2. Wash vegetables and chop into chunks.
3. Toss in just enough oil to coat, plus salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes or until tender, stirring occasionally.
6. While the veggies roast, make your glaze in a small saucepan. Melt butter on low heat, then stir in maple syrup. As soon as ingredients are combined, turn off heat.
7. Top roasted veggies with glaze, and serve hot.

Source: GMFTS

Maple Granola

Roasted Roots with Maple Glaze