



# FarmFresh

## Recipes

April 2013

### Available Now...

#### Eggs

There are 3.8 million hens in Colorado producing more than 1 billion eggs every year.



#### Fun Facts

Eggs are a nutrient dense food, containing every major vitamin and mineral except vitamin C. The surface of an egg shell has over 10,000 pores, and there is no nutritional difference between a brown and a white egg.

*Fact courtesy of the Colorado Egg Producers Association.*



### Fresh Inspirations...

#### Egg Bake "Breakfast Bread"

Serves 6-8

##### Ingredients

- |  |                              |
|--|------------------------------|
| 12 Eggs                                | 1/2 Red Bell Pepper, diced   |
| 8 Slices Bacon, cooked, chopped        | 1/2 Green Bell Pepper, diced |
| 1/2 Small Red Onion, Red, diced        | 6 Slices Bread, cubed        |
| 1 Tbsp. Roasted Garlic, minced         | Salt and Pepper to Taste     |
| 1/4 Cup Fresh Italian Parsley, chopped |                              |

##### Directions

In a large stainless steel mixing bowl combine eggs, cooked bacon, garlic, peppers, parsley and bread. Mix well to ensure ingredients are mixed and bread becomes soaked. Season with salt and pepper to taste. Preheat oven to 375 degrees, 350 for convection. Spray a standard sized bread loaf pan with cooking spray. Pour mixture into bread pan, cover with foil and bake for about 20 minutes. Remove from the oven and using a skewer, insert into the center of the bread to check its doneness. Continue to cook until skewer comes out clean. Once fully cooked, remove from the oven and allow to sit for 5 minutes. Remove from the pan, slice into thick slices and enjoy as a "breakfast bread."

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Asparagus