

BC EGG SCRAMBLE & CHICKEN SAUSAGE WITH ASPARAGUS TOAST

ACCOMPANIED BY BC GREENHOUSE SALAD WITH VINAIGRETTE



Yields:
4 portions

INGREDIENTS

For the BC Chicken Sausage Patties:

½ pound	Ground BC Chicken	225 g
1 tbsp	Onion Powder	15 ml
1 tbsp	BC Sage, fresh, chopped	15 ml
or		
1 tsp	Dry Sage	5 ml
½ tsp	Cinnamon	2.5 ml
2 tbsp	Brown Sugar	30 ml
1 tsp	Paprika	5 ml
1 tsp	Salt	5 ml
½ tsp	Ground Black Pepper	2.5 ml
Dash	BC Canola Oil for cooking	Dash

DIRECTIONS

1. Combine all ingredients except BC Canola Oil.
2. Divide the ground chicken mixture into 6 - 8 egg sized portions.
3. Flatten to create a thin patty.
4. Cover the bottom of a frying pan with canola oil and heat on medium.
5. When the oil is hot, carefully add patties. Cook for 2 minutes on each side until brown or internal temperature reaches 74 C.
6. Place cooked patties in a paper towel lined plate.
7. Keep warm.



INGREDIENTS

For the Asparagus:

1 bunch	BC Asparagus, trimmed	1 bunch
1 tbsp	BC Butter	15 ml
¼ cup	Water	60 ml
Dash	Salt & Pepper	Dash

DIRECTIONS

1. In a sauté pan, heat butter and add BC Asparagus. Sautee for 2 minutes.
2. Add water and allow to steam for 2 minutes until tender.
3. Remove from pan, season, and keep warm with patties

INGREDIENTS

For the BC Egg Scramble:

4 slices	BC Sourdough (or your favourite bread)	4 slices
8	BC Eggs, large	8
1 tbsp + 3 tbsp	BC Butter	15 ml + 45 ml
½ cup	BC Gouda Cheese*, shredded	15 ml
2 tbsp	BC Chives, chopped	30 ml
Pinch	Ground Black Pepper	Pinch

DIRECTIONS

1. Place bread in the toaster, and butter when done. Set aside and keep warm.
2. On a flat surface, crack BC Eggs and place in a mixing bowl.
3. Beat vigorously with a fork until well mixed.
4. Place 1 tbsp (15 ml) BC Butter into a 10" non-stick frying pan.
5. Turn onto medium heat until butter is just melted.
6. Add eggs and reduce heat to low.
7. Using a heat resistant silicone spatula, scrape the bottom and sides of pan rapidly until curds start to form.
8. Remove the pan from heat and continue to stir until curds stop forming.



*Cheddar, Havarti, or Swiss Cheese are good substitutes.

- Place pan back on heat and continue to cook the eggs very slowly. Remove the pan from heat if it starts to cook too quickly.
- When eggs are almost done, remove from heat and mix in BC Gouda Cheese, BC Chives, and pepper. Keep stirring until done.

To Assemble:

- Place one piece of toast on each plate and cover with $\frac{1}{4}$ of the BC Asparagus.
- Add one chicken patty in the centre of the toast.
- Divide the creamy BC Egg Scramble over top.

BC GREENHOUSE SALAD WITH VINAIGRETTE



INGREDIENTS

2 tbsp	Olive Oil	30 ml
1 tbsp	White Wine Vinegar	15 ml
2 tsp	Dijon Mustard	10 ml
Pinch	Salt & Pepper	Pinch
30	BC Grape Tomatoes, halved	30
1	BC Mini Cucumbers, sliced	1
$\frac{1}{4}$	BC Red Onion, sliced very thin	$\frac{1}{4}$

DIRECTIONS

- Combine olive oil, vinegar, Dijon mustard, and salt and pepper in a mixing bowl.
- Add BC Tomatoes, BC Cucumbers, and BC Onion.
- Mix to coat all of the vegetables.
- Serve with main dish.