

Access French Recipe

## **INGREDIENTS**

1 dozen **Eggs**\* (101-400)

1 **Cucumber\*** (114-216), washed, cut in half and peel one side

1 Red Pepper\* (114-228) and Yellow Pepper\* (114-247), washed and cut into thin strips and triangle pieces

1 pint **Blueberries\*** (114-105), washed and pat dry

1 pack **Bologna\*** (112-732), cut into semicircles and petal shaped pieces

4-5 **Cheddar Cheese Slices\*** (111-231), cut into small circular slices

Servings: 12

Prep Time: 20 minutes
Cook Time: 10 minutes

Recipe for eggs from: Love & Lemons

## **INSTRUCTIONS**

- 1. Crack each egg into a small bowl.
- Brush a nonstick skillet with olive oil and heat over low heat. Pour in the eggs, cover with a lid, and continue to cook over low heat for about 2 minutes, or until whites are set.
- 3. Cut unpeeled and peeled cucumber into round slices for the pirate's eye. Cut some round slices in half for the ears and body, and rectangular pieces for the arms.
- 4. Place pepper slices for the mouth and straps of the eye patch, and triangle piece for the nose.
- Add semi-circle bologna to the top of the egg for the pirate's bandana. Place petal shaped pieces to on side of the bologna for the ties.
- 6. Place cheese circles on top of the bologna and add a blueberry for the eye.

Canada's Food Guide

For guidelines and nutrition information, visit food-guide.canada.ca/en/

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