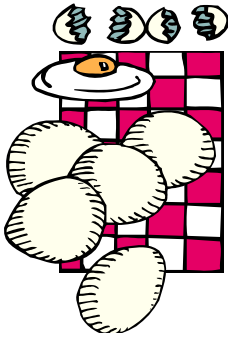




Extension Nutrition Programs

FSNE/EFNEP

Let's Crack the Egg Story!



Eggs are one of the most high-quality, low cost protein foods available. Eggs also contain a variety of vitamins and minerals, and are low in calories and saturated fat. Most of the vitamins and minerals are found in the yolk, but protein is found in both the white and yolk. One egg counts as ½ of a meat serving.

Eggs can be prepared easily, and in a variety of ways. Because most egg recipes require short cooking times, eggs are convenient for the person with little time to prepare meals.

You can avoid illness from eggs by knowing how to buy, store, handle, and cook them – or foods that contain them – safely.

Buy Safe:

- Buy eggs only if sold from a refrigerated case.
- Open the carton and make sure the eggs are clean and the shells are not cracked.
- Store eggs at home in the original carton and refrigerate as soon as possible.

Keep Clean and Don't Cross-Contaminate:

- Wash hands, utensils, equipment, and work areas before and after they come in contact with eggs and food containing eggs.

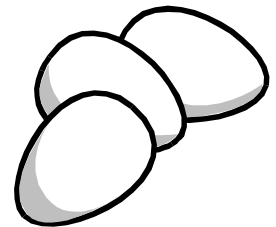
Cook Thoroughly:

- Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny. Casseroles and other dishes with eggs should be cooked to 160F.
- Serve cooked eggs and egg-containing foods immediately after cooking.
- Due to the possibility of food borne illness from eggs, food safety experts recommend that people **not** eat raw or undercooked eggs.

Storage – Refrigerate for Safety's Sake:

- Use raw eggs in the shell within 4 to 5 weeks after purchase.
- Use hard-cooked eggs (in the shell or peeled) within 1 week.
- Cooked eggs, including hard-cooked or egg-containing dishes should not be left out for more than 2 hours.
- Refrigerate leftover cooked egg dishes and use within 3 to 4 days.

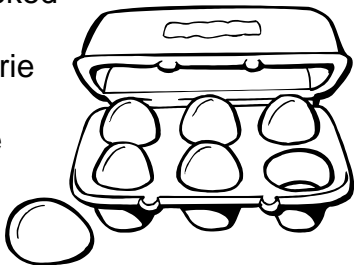
What should I do with accidentally frozen eggs in the shell? Throw away eggs with cracked shells. Keep uncracked eggs frozen until you need them. Thaw them in the refrigerator or under running cold water. Use immediately. Since the yolks can thicken when frozen, you can separate the white and yolks and beat the yolk separately to see if it will blend. If it blends, add it to the white and continue with your recipe.



Bunsteeds

Yield: 6 servings

- ½ cup cheese, grated (about 2 ounces)
- 2 cans (6 ounces each) water packed tuna **or**
 - 1 can (6 ounces) water packed tuna and 3 chopped hard cooked eggs
- 1/3 cup reduced calorie mayonnaise
- 3 Tablespoons pickle relish (optional)
- 6 hamburger buns **or** 6 English muffins



1. Combine first 4 ingredients and fill buns **or** spread openfaced on buns.
2. Wrap in foil and refrigerate.
3. Before serving, bake in 350°F. oven for 15 minutes **or** put under broiler until filling is warm and bubbly.

German Oven Pancakes

Yield: 2-4 servings

- ½ cup milk
- ½ cup flour
- 3 large eggs
- Dash of salt
- 2 tablespoons margarine

1. Mix milk, flour, eggs and salt.
2. Melt one tablespoon margarine in each of two 9-inch pie plates in a preheated 400°F. oven to grease bottoms.
3. Turn oven to 425°F.
4. Pour batter into plates. Bake 10-15 minutes, or until golden brown (edges will puff up). Pancake will form a well in the center.

Hearty Pasta Quiche

Yield: 4-6 servings

- 2 cups noodles or spaghetti cooked and drained
- 1 cup chopped green pepper, optional
- 3 Tablespoons chopped onion, optional
- 1 Tablespoon water
- 1 cup chopped cooked ham
- 6 eggs
- 1 cup milk
- 2 teaspoons prepared mustard

1. Form crust by pressing noodles over bottom and up sides of lightly greased 9-inch pie plate.
2. If using pepper and onion, cook them until crisp-tender in a covered saucepan with the water.
3. Sprinkle ham over the "crust", add vegetables if used.
4. Beat together eggs, milk and mustard. Carefully pour over ham and vegetables.
5. Bake in preheated 375° oven for 30 to 40 minutes, until center is puffed and knife inserted in center comes out clean.
6. Let stand 5 minutes before serving.

Nutrition information for 1/6 of the recipe using low fat milk: 202 calories, 8 gm total fat, 18 gm carbohydrate, 14 gm protein

Sources: "Eggs-What's the Story?" American Council on Science & Health; "Playing It Safe with Eggs," U. S. Food & Drug Administration; "Omelets," American Egg Board

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