



A Nutrition Resource

EGGS

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. One egg counts as a 1-ounce equivalent from the protein food group. Most people need 5- to 6-ounce equivalents of protein per day.

Buy

- 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.

Storage

- Use raw eggs in the shell within 4 to 5 weeks after purchase.
- Use hard-boiled eggs (in the shell or peeled) within 1 week.
- Cooked eggs, including hard-boiled 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.

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 160°F.
- Serve cooked eggs and egg-containing foods immediately after cooking.
- Due to the possibility of foodborne illness from eggs, it's recommended that people do not eat raw or undercooked eggs.

Don't cross-contaminate

Keep Clean by washing your hands, utensils, equipment, and work areas before and after having come in contact with eggs and food containing eggs.

Delicious ways to use eggs

- Roll scrambled eggs, cheese, lightly cooked vegetables, and salsa in a whole wheat tortilla.
- Add lightly cooked vegetables like peppers, tomatoes, mushrooms, and onions to scrambled eggs.
- Add scrambled eggs and lightly cooked vegetables, such as carrots, zucchini, and mushrooms, to grilled cheese sandwiches on whole wheat bread.
- Pack hard-boiled eggs for lunch.
- Make a curried egg salad sandwich with hard-boiled eggs, light mayonnaise, and curry powder. Add lettuce and serve on whole wheat bread.
- Make Egg in a Hole: Use a cookie cutter or knife to cut a hole in the middle of a piece of whole wheat bread. Set the bread in a skillet, crack an egg into the center, and cook until whites are set, about 1-2 minutes per side.

For easy tips on how to cook **Hard-boiled Eggs**, head over to our website at <https://buyeatlivebetter.org/recipes.html>



How to cook scrambled eggs

ON THE STOVE

- In a medium bowl beat eggs vigorously for at least 15 seconds.
- In a skillet over medium-high heat, melt 2 teaspoons butter or oil.
- Add eggs. Reduce heat to medium and using a spatula or flat wooden spoon, push the cooked eggs toward the center while tilting the pan to distribute the runny parts.
- When the eggs are almost set, scramble them gently, turning them over a few times. Serve immediately.

**A little water or milk can be added to the raw, beaten eggs to increase the volume, if desired.*

IN THE MICROWAVE

- Add 2 eggs and 2 Tablespoons milk to a microwave safe dish and beat until blended.
- Microwave on high for 45 seconds. Stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Serve immediately.

Huevos Rancheros

Yield: 2 Servings | Serving Size: 2 tortillas with toppings

4 corn tortillas

½ of a 16 ounce can low-sodium refried beans (or refried black beans*)

3 eggs

¼ cup grated cheese, cheddar, or Jack

4 Tablespoons salsa

1. Place a tortilla in a frying pan on medium heat to soften. Turn over to heat both sides. Keep tortilla warm in 200°F oven. Repeat with remaining tortillas.
2. Heat beans in a small saucepan or in the microwave. Be sure to cover beans when heating in the microwave to prevent splatter.
3. Cook eggs according to taste. Generally, eggs “over easy” are used, but scrambled eggs work just as well.
4. Place two warm tortillas on each plate. Top with the beans and sprinkle with grated cheese. Place eggs on top of cheese. Top with salsa.

** To reduce the fat in the recipe, choose “no fat” or “low-fat” refried beans.*

Nutrition Facts	
2 servings per container	
Serving size	2 tortillas with toppings (263g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 260mg	87%
Sodium 580mg	25%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 170mg	15%
Iron 3mg	15%
Potassium 464mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.