Discover Eggs

Eggs are a great source of low cost protein. One dozen large eggs weigh 1½ pounds. If large eggs are $2.26 per dozen, they are only $1.50 for a pound of protein. Eggs can be used instead of meat to make quick and easy meals. Eggs are a bargain!

Eggs are high in cholesterol, but they can be part of a healthy diet. We don’t need to avoid eggs. Health experts recommend limiting egg yolks to less than 4 each week. There is no need to limit egg whites. Egg yolks have cholesterol, but there is no cholesterol in egg whites.

Egg whites can replace whole eggs in most recipes. Use 2 egg whites in place of 1 whole egg in breads, pancakes, casseroles, French toast, cookies and other recipes that call for eggs.

Discover eggs! They can be used to make low cost meals that you will enjoy.

To Ensure Safe Eggs

- Buy refrigerated eggs at the grocery store. Eggs should never be stored at room temperature.
- Check your eggs. Buy clean eggs that are not cracked or broken.
- Uncooked eggs can be kept in the refrigerator for 4-5 weeks. Store them in the carton on an inside shelf. This will help prevent temperature fluctuations, breakage and moisture loss.
- Cook egg dishes until there is no visible liquid egg remaining.
- Hard cooked eggs and other egg dishes should not be at room temperature for more than 2 hours.
- Before and after handling eggs, wash your hands, work areas and utensils with hot soapy water.
- Store hard cooked eggs in the refrigerator and use within one week.

- Eating raw or under cooked eggs is not recommended, especially for children, the elderly, pregnant women and those with compromised immune systems. This includes soft cooked eggs and batters with raw eggs such as cookie dough.

If a recipe calls for eggs that will be raw or under cooked when the food is served, use pasteurized eggs. Such recipes could be hollandaise sauce, eggnog and ice cream custard.

COFFEE CUP SCRAMBLE

<table>
<thead>
<tr>
<th>1 Egg plus 2 egg whites</th>
<th>2 Tbsp. milk</th>
<th>2 Tbsp. shredded Cheddar cheese</th>
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<tbody>
<tr>
<td>Spray microwave-safe coffee mug with cooking spray. Add eggs and milk; beat until blended. Microwave on HIGH 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Top with cheese; season with salt and pepper. From <a href="http://www.incredibleegg.org">www.incredibleegg.org</a></td>
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### EASY EGG SALAD

| 4 hard-cooked eggs, peeled | 1 - 2 tsp dry mustard 
| 1/4 - 1/2 cup light mayonnaise or salad dressing | Salt and pepper, to taste |

Place whole eggs in a bowl. Using a pastry blender, mash eggs until they are finely chopped. Add 1/4 cup mayo and 1 tsp dry mustard, stir to blend. Taste and then adjust amounts of mayo and mustard powder to suit your own taste. Season with salt and pepper. Serve on your choice of bread.  

Ser 4: cal 154; fat 11.8g; carbs 5.6g; sodium 348mg

### HOW TO COOK A PERFECT EGG

It’s best not to “boil” eggs. Boiling can cause rubbery whites and greenish yolks.  

Place eggs in a saucepan. Cover with water. Water should come at least 1 inch above eggs. Bring water to a boil. Remove saucepan from heat and cover. Let eggs sit in covered pan for 15-20 minutes.  

Immediately place in ice water or under cold running water. Store in refrigerator. Use within 1 week.

### Did You Know…?

Eggs that are too fresh are difficult to peel, so always keep eggs in the refrigerator for a week or two before making hard-cooked eggs.

### Peel and Enjoy Eggs

- Sprinkle chopped eggs on lettuce salads.
- Sprinkle finely chopped eggs on tomato soup.
- Add chopped eggs to potato salad or tuna salad.
- Stir chopped eggs into macaroni and cheese.

For more health and nutrition information visit our website: [http://www.extension.umn.edu/family/health-and-nutrition/](http://www.extension.umn.edu/family/health-and-nutrition/)