

Knowledge @ Noon

“Eggcetera”

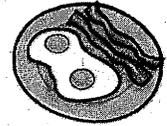


Wednesday, May 21, 2014
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
K-State Research & Extension, Miami County

Instructors:
Miami County Extension Master Food Volunteers

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EGGS- From the Hen to the Plate

Compiled and written by Janie Williams, Parsons, Ks
KAFCE State Education Program Committee

INTRODUCTION

Which came first, the chicken or the egg? Some scientists say that eggs are millions of years older than birds, but those who read the Bible say that fowl were created first. Perhaps this is a question to which the world will never know the answer. What we do know is that eggs have been around a very long time and Americans love eating them. Egg farmers who provide eggs for eating and for use in making products know that their job is to put the chicken first. This lesson will inform individuals about egg production from the farm to the store, and about egg parts, functions, cooking and consumption.

EDUCATIONAL GOALS

Participants should learn the following:

- *facts about eggs in general
- *the egg industry and production
- *eggs as a "nutritional powerhouse"
- *cooking and eating eggs
- *proper handling of eggs and food safety

EGGS IN GENERAL

Europe has had domesticated hens since 600 B.C. Chickens came to the New World with Columbus on his second trip in 1493. There are now over 200 breeds of chickens in the world. Some are known for their meat and others are known for their egg laying ability. It takes a laying hen about 25 hours from ovulation to producing an egg. Then about 30 minutes later the hen will begin to form another one. In modern hen houses, most eggs are laid between 7:00 and 11:00 AM. A hen will produce 250 to 265 eggs a year and the average person

will eat 250 during that time.

Chickens eat chicken feed. The main ingredients are corn, wheat, sorghum and other dried grains with soluble vitamins and protein supplements are also added. No hormones or stimulants are ever used in commercial egg farming in the United States. Hens eat four pounds of feed for every dozen eggs they lay. Today's hen eats a better balanced diet than most people. The size and quality of an egg depends on the diet that hens are fed.

Eggs are graded on interior and exterior quality and are classified as AA, A, or B. Grade A is the quality found in most stores. They can be purchased in various

FROM FREE-RANGE TO FORTIFIED

Cage Free- These eggs come from hens that live in big laying houses and do not go outside. They are often fed all natural grains.

Fortified or Enriched- The hens that lay these eggs are fed a diet-supplement with health-boosting nutrients like DHA-Omega 3 fatty acids. Hens fed a special natural feed can produce eggs that have lower levels of cholesterol and saturated fat than regular eggs.

Free-Range- These eggs are from hens that do not live in cages and can go outside to scratch in the soil.

Organic- To earn this sought after label, farmers must adhere to the USDA's National Organic Program guidelines. That means their hens only eat certified organic feed and are not given antibiotics, vaccines or synthetic hormones.

EGG YOLKS, EGG WHITES AND EGG SHELLS

Yolk Colors- Occasionally free range chickens will produce green yolks, this occurs most frequently in the spring and is due to their diet of too many green plants. By increasing the amount of compound feed this will return yolks back to the correct color. Paler yellow yolks are the result when grass and clover are not consumed by the hens. Or sometimes it can be a sign of ill-health. Artificial colors are not permitted in chicken feed.

Double Egg Yolks- Eggs with a double yolk is a rare treat if you like egg yolks. It is estimated that there is only about one in a 1000 chance of finding a double yolk in commercial eggs. The largest single chicken egg ever laid weighed one pound with a double yolk and double shell.

weights or sizes- with Jumbo being the heaviest to Peewee the lightest. Recipes generally call for a Grade A Large size.

Other yolk facts- The more mature the hen, the larger the egg. It is rare, but not unusual, for a young hen to produce an egg with no yolk at all. It is called a wind egg.

An egg with blood spots inside the yolk is not a fertile egg. They are usually caused by one of the tiny blood vessels in the ovary breaking at the time the yolk is released. There is no reason to be concerned about the quality of the egg, just remove the spot with the tip of a knife.

Albumen- This is the white of the egg and it contains primarily water and protein. The white ropey strands in the egg white are called "chalaza" and their function is to anchor the yolk to the center of the egg.

Shell- The color of the shell is determined by the breed of hen. Generally a brown feathered hen with red earlobes will produce a brown egg and a white feathered hen with white earlobes will produce a white egg. There is no nutritional difference in the eggs with different colored shells. Eggs are safe to eat if kept cool up to 28 days, but they start to deteriorate as soon as they are laid.

EGGstra thoughts- Since ancient times, eggs have been seen as a symbol of new life.

Painted eggs were given to a Chinese chieftain in 722 BC to celebrate Spring. In the 13th century, eggs with intricate religious symbols were common. They were often dyed with natural elements, such as onion skins, grapes, nuts or berries. The most famous egg decorator is probably Peter Carl Faberge.

NUTRITIONAL POWERHOUSE

The incredible egg is a nutrient dense food that contains every major vitamin and mineral except vitamin C. Eggs are a complete protein food because they have all nine of the essential amino acids. Scientists use the egg as the standard by which all other protein foods are judged with a scale with 100 representing the highest efficiency, eggs surpasses all other foods at 93.7. The egg yolk is one of the few foods that contain Vitamin D. A large egg contains about 6 grams of protein, 75 calories and 5 grams of fat, of which 1.5 grams is saturated fat.

Dietary cholesterol is not a primary contributor to heart disease. So unless your doctor has prescribed a special egg-free diet for you, you can continue to enjoy one nutrient-dense egg a day.

PROPER EGG HANDLING AND FOOD SAFETY

1. The egg shell has as many as 17,000 tiny spores on its surface. Through the shell, the egg can absorb flavors and odors. Storing them refrigerated in their cartons helps keep them fresh.
2. Eggs are placed in their cartons large end up to keep the air cell in place and the yolk centered. Eggs can be kept refrigerated in their carton for at least 4 to 5 weeks beyond the pack date. The carton date is when they are to be pulled from the store shelf. This applies only to commercial eggs.
3. Salmonella is an egg-borne infection where bacteria can be found on the outside or the inside of an egg shell. Salmonella will not grow at temperatures below 40 F. This is why the refrigeration of eggs and other foods are a very important part of food safety. Freezing, however, does not destroy Salmonella.
4. Individuals are advised not to eat anything which contains raw eggs. Follow the Safe Handling Instructions on the carton.

COOKING AND EATING

With eggs on hand, you can serve a great meal in minutes. So grab a carton of eggs and get cracking. Your meal will contain high-quality protein and be economical at the same time. Based on data from the USDA Economic Research Service, the cost of a single serving of eggs is the lowest when compared with milk, chicken, ground beef, pork chop or beef round roast.

Depending on your preference, you can spend about \$1.50 per dozen for conventional eggs, to more than \$3.00 for specially eggs. Prices vary with the seasons of the year.

Cleanliness is very important when cooking. Always wash hands with soap before starting to cook. Also wash anything that has come in contact with raw foods before continuing to complete your meal. It is suggested that you use an egg separator when separating whites from yolks. When free-range eggs are being used, wash and dry before use. On the average, only one out of 20,000 commercially produced eggs in the U.S. might contain the Salmonella bacteria, but not everyone uses commercial eggs.

Other things to know when cooking with eggs

- *To tell if an egg is raw or hard-cooked, spin it! If it spins easily, it is hard cooked, if it wobbles, it is raw.
- *A hard-cooked egg will peel more easily if it is a week or two old before it is cooked.
- *To peel hard cooked eggs, crack the shell all over by gently tapping and then hold under running water to make peeling easier. Hard cooked eggs should be kept refrigerated and used within one week.
- *A greenish ring around a hard-cooked egg yolk is due to either overcooking or the cooking water has a high content of iron.
- *In cooking, eggs are “the cement that holds finished products together”. Eggs have ability to bind, leaven, thicken, emulsify, clarify, and much more in all types of recipes.
- *The egg yolk and white separate best when cold. Egg whites will beat to a better volume if they are allowed to stand at room temperature for 20-30 minutes before beating.
- *Eggs can be poached, hard cooked, pickled, fried, baked or scrambled. Common recipes featuring eggs include omelets, egg salad, deviled eggs, quiche, eggs Benedict, soufflés, eggnog, custards and ice cream.
- *Always remember to keep hot foods hot and cold foods cold.
- *Thousands of products contain eggs. A small per cent of infants and young children have allergies which prevent them from eating certain food items such as eggs. So it is important to read the list ingredients when purchasing dried, frozen or prepared food products.
- * Most egg recipes can be cooked in the microwave, but remember never cook an egg in its shell. It will explode.
- *A survey taken by the “all you” magazine readers said that the following was the way they like their eggs best: omelet-3%, hard-boiled-5%, over medium- 5%, poached-6% other-9%, over easy-23% and 49% like theirs scrambled.

Eggs make healthy snacks and nutritious meals anytime of the day and cooking with eggs can be fun. Our lives may be more hectic than ever before, but one thing has not changed: breakfast is still the most important meal of the day. Many Americans agree nothing says breakfast as well as eggs.

This lesson was reviewed by Barbara Ames, Family Consumer Science Agent in Montgomery County and Janet Kirk, retired librarian and SE Area FCE director.

References: 4-H publication “Scratching the Surface”, Arkansas Ag Reader, Colorado Reader, incredibleEgg.org. American Egg Board, ohio-poultry.org. marile.com wherefoodcomesfrom.com keep-hens-raise-chickens.com

Nutrition Nuggets

- The incredible edible egg™ has a high **nutrient density** because it provides a wide range of nutrients in proportion to its calorie count (about 70 calories per Large egg). Nutrient-dense foods help you get the nutrients you need without excess calories.
- A Large-sized egg supplies 12.6% of the Daily Reference Value (DRV) for **protein**. A little over half of the egg's protein is in the white and the rest is in the yolk. The egg's protein is the highest quality protein of any food. One egg of any size equals one ounce of lean meat, poultry, fish or seafood in the food groups.
- High-quality protein, like the protein in eggs, can benefit people of all ages in many ways, including forming muscle tissue, building muscle strength, repairing muscles after exercise and warding off the loss of muscle tissue as we age.
- High-quality protein also helps in **weight management**. Eating more high-quality protein foods, such as eggs, and fewer carbohydrates helps preserve lean muscle tissue and increase fat loss during weight loss. Research has shown that, compared to bagel eaters, when overweight and obese people ate a breakfast including eggs, the egg eaters' appetites were satisfied longer and they ate fewer calories the rest of the day. Studies have also shown that those who eat more protein foods lose slightly more weight and maintain better blood lipid and glucose levels than those who eat a high-carbohydrate diet.
- Egg yolks are an excellent and important source of choline. A Large egg yolk contains 125 mg of choline and provides 23% of a pregnant woman's daily needs. Choline intake during **pregnancy** may be a key factor in the development of infants' memory functions and, later in life, choline may improve memory capacity.
- The yolk gets its color from the yellow-orange plant pigments called lutein and zeaxanthin. Lutein and zeaxanthin have been shown to reduce the risks of cataracts and age-related macular degeneration, the leading cause of blindness in those 65 and older. Research has shown that, due to the egg yolk's fat content, the yolk's lutein and zeaxanthin may be more easily absorbed by the body than the lutein and zeaxanthin from other sources. A Large egg yolk contains 166 mcg of lutein and zeaxanthin.
- Incredibly, eggs are also a good source of vitamin B12 (10.8 % of the DRV) and riboflavin (14% of the RDI) and supply varying amounts of many other nutrients, including a wide variety of other vitamins and minerals. The yolk contains a higher percentage of the eggs' vitamins than the white, including all of the eggs' vitamins A, D and E. Egg yolks are one of the few foods that naturally contain vitamin D.

Fast Facts

- Each of the roughly 280 million laying birds in the U.S. produces from 250 to 300 eggs a year. In total, the U.S. produces about 75 billion eggs a year, about 10% of the world supply.
- About 60% of the eggs produced in the U.S. each year are used by consumers and about 9% are used by the foodservice industry. The rest are turned into egg products which are used mostly by foodservice operators to make restaurant meals and by food manufacturers to make foods such as mayonnaise and cake mixes.
- In addition to regular, generic eggs, most stores offer a variety of specialty eggs, including **nutrient-enhanced**, **pasteurized**, **organic** and **vegetarian eggs**. As a consumer choice, a small number of producers also sell eggs from hens raised **cage-free** or **free-range**.
- In modern henhouses, computers control the lighting, which triggers egg laying. Most eggs are laid between 7 and 11 a.m. A hen requires about 24 to 26 hours to **produce an egg**. After the egg is laid, the hen starts all over again about 30 minutes later.
- Egg size and grade are not related to one another. Size is determined by weight per dozen. Younger hens tend to lay smaller eggs. The size increases as the hen grows older and bigger. Grade refers to the quality of the shell, white and yolk and the size of the air cell.
- The white of a Large egg measures about 2 tablespoons' worth of liquid, the yolk is about 1 tablespoon and the whole egg is about 3 tablespoons.
- Yolk color depends on the plant pigments in the hens' feed. Natural yellow-orange substances, such as marigold petals, may be added to light-colored feed to enhance color. Artificial colors are not permitted.
- Egg protein is both high in quality and low in cost. It's easy to compare the price of eggs to the price of other protein foods. A dozen Large eggs weigh 1 1/2 pounds, so the price per pound of Large eggs is two-thirds of the price per dozen. For example, if Large eggs cost 90¢ per dozen, they cost 60¢ per pound. At \$1.20 per dozen, Large eggs are only 80¢ per pound.
- Dates on egg cartons and all other food packaging reflect food quality, not food safety. An 'expiration' or 'sell-by' date on an egg carton tells the grocer to pull the eggs if they haven't sold by that time. A 'best-by' or 'use-by' date tells you that your eggs will still be of high quality if you use them by that date.
- Yolk color depends on the plant pigments in the hens' feed. Natural yellow-orange substances, such as marigold petals, may be added to light-colored feed to enhance color. Artificial colors are not permitted.
- You can keep fresh, uncooked eggs in the shell refrigerated in their cartons for at least three weeks after you bring them home, with insignificant quality loss. Properly handled and stored, eggs rarely spoil. If you keep them long enough, eggs are more likely to simply dry up. But don't leave eggs out. They'll age more in one day at room temperature than they will in one week in the refrigerator.
- As an egg ages, the white becomes thinner, the yolk becomes flatter and the yolk membrane becomes weaker, making it more likely that the yolk may break inadvertently. These changes don't have any great effect on the nutritional quality of the egg or its functional cooking properties in recipes. Appearance may be affected though. When poached or fried, the fresher the egg, the more it will hold its shape rather than spread out in the pan. On the other hand, if you hard-boil eggs that are at least a week old, you'll find them easier to **peel** than fresher eggs.

- The eggshell accounts for about 9 to 12% of an egg's total weight, depending on egg size. The hen uses about the same amount of calcium carbonate and other minerals to make a shell, no matter how big the egg, so the shells of smaller eggs are usually thicker and stronger than the shells of larger eggs.
- There are 7 to 17 thousand tiny pores on the shell surface, a greater number at the large end. As the egg ages, these tiny holes permit moisture and carbon dioxide to move out and air to move in to form the air cell. The egg can also absorb refrigerator odors through the pores, so always refrigerate eggs in their cartons.
- Eggs are enormously versatile. The chef's hat, called a toque, is said to have a pleat for each of the many ways you can cook eggs. Beyond basic scrambled, fried, poached and baked eggs, you can cook eggs in the shell and turn them into omelets, frittatas, quiches and strata casseroles. In baking, eggs are used in cakes and cheesecakes, cookies, both stirred and baked custards, hard and soft meringues, pie fillings, soufflés and even pastries, such as cream puffs and eclairs.
- Although you can use any size egg for frying, scrambling, cooking in the shell or poaching, most recipes for baked items such as custards and cakes are based on the use of Large eggs.
- You can scramble, fry and poach eggs in the microwave. But you can't cook an egg in its shell in the microwave. The steam builds up so rapidly that the egg can't 'exhale' it fast enough and the egg may explode.
- To 'go green', you can dye all-natural eggs with natural things from the kitchen. You can use fruits, vegetables and their peels and juices, herbs and spices and even coffee to decorate your Easter eggs. If you have a garden, you can put eggshells in your compost.

Making Sure Your Eggs Are Safe to Eat

Eggs should be cooked until the whites and yolks are firm or, for dishes containing eggs, until an internal temperature of 160 degrees Fahrenheit is reached because Salmonella is destroyed by the heat of cooking.

In addition to thoroughly cooking your eggs, follow these simple food-handling practices:

- Clean your hands, as well as the surfaces and utensils that come into contact with raw eggs – an important step for avoiding cross-contamination.
- Separate eggs from other foods in your grocery cart, grocery bags and in the refrigerator to prevent cross-contamination.
- Keep eggs in the main section of the refrigerator at a temperature between 33 and 40 degrees Fahrenheit – eggs accidentally left at room temperature should be discarded after two hours, or one hour in warm weather

Sizes

Egg sizes are Jumbo, Extra Large, Large, Medium, Small and Peewee. Medium, Large and Extra Large are the sizes most commonly available because hens most often lay eggs of these sizes. Sizes are classified according to minimum net weight expressed in ounces per dozen.

Egg Size	Ounces per Dozen
Jumbo	30
Extra Large	27
Large	24
Medium	21
Small	18
Peewee	15

Which size to buy

You can use any size egg for most basic egg recipes, including scrambled or fried eggs. However, most recipes for baked goods are formulas in which it's important to maintain the proper proportion of liquid to dry ingredients and to have enough whole egg, white or yolk to perform the needed functions. Most baking recipes are based on Large-sized eggs. (To substitute one size egg for another in recipes, see Size Equivalents.)

Size equivalents

Although you can use any size egg for frying, scrambling, cooking in the shell or poaching, most recipes for baked items such as custards and cakes are based on the use of Large eggs. To substitute another size, use the following chart:

Large	Jumbo	X-large	Medium	Small
1	1	1	1	1
2	2	2	2	3
3	2	3	3	4
4	3	4	5	5
5	4	4	6	6
6	5	5	7	8

Most of the eggs sold in supermarkets are large-sized, but there are occasionally specials on other sizes. Use the price per dozen table to find which size is the best buy.

Price Per Dozen Table

Small (18 oz)	Medium (21 oz)	Large (24 oz)	Extra-Large (27oz)	Jumbo (30 oz)	Price Per Pound (16 oz)
.68	.79	.90	1.01	1.13	.60
.75	.88	1.00	1.13	1.25	.665
.83	.96	1.10	1.24	1.38	.73
.90	1.05	1.20	1.35	1.50	.80
.98	1.14	1.30	1.46	1.63	.865
1.05	1.23	1.40	1.58	1.75	.93
1.13	1.31	1.50	1.69	1.88	1.00
1.20	1.40	1.60	1.80	2.00	1.065
1.28	1.49	1.70	1.91	2.13	1.13
1.35	1.58	1.80	2.03	2.25	1.20
1.43	1.66	1.90	2.14	2.38	1.265
1.50	1.75	2.00	2.25	2.50	1.335
1.58	1.84	2.10	2.36	2.63	1.40
1.65	1.93	2.20	2.48	2.75	1.465
1.73	2.01	2.30	2.59	2.88	1.53
1.80	2.10	2.40	2.70	3.00	1.60
1.88	2.19	2.50	2.81	3.13	1.665
1.95	2.28	2.60	2.93	3.25	1.73
2.03	2.36	2.70	3.04	3.38	1.80
2.10	2.45	2.80	3.15	3.50	1.865

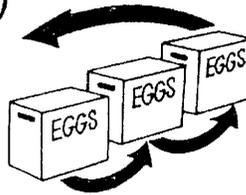
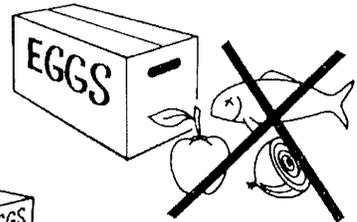
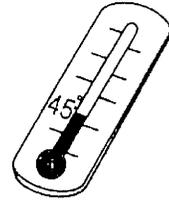
To compare the price of Large eggs to the price of Medium eggs, for example, run your fingers down the columns to the figures closest to the prices per dozen for Large and Medium eggs. Then, go across to the price per pound for each size. The one selling for the lower price per pound is the better buy. Always compare the same grade of eggs for an accurate price comparison.

Source http://www.incredibleegg.org/price_per_dozen_table.html

Egg Safety and Quality

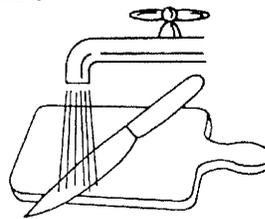
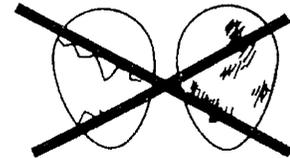
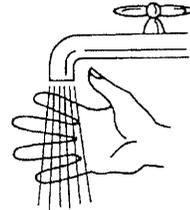
STORAGE/RECEIVING

- * Store in cooler immediately upon receipt
- * Refrigerate at 45°F or below (do not freeze)
- * Store away from strong odors
- * Rotate – first in/first out
- * Take out eggs only for immediate use
- * Never stack egg flats (trays) near grill or stove



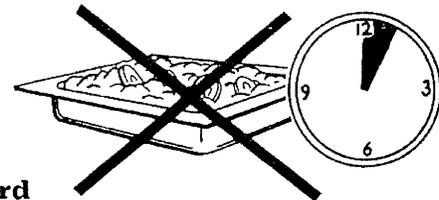
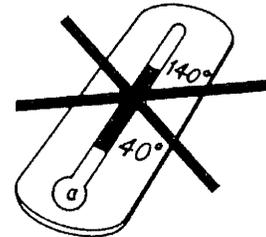
HANDLING

- * Wash hands with soap and warm water
- * Use clean, uncracked eggs
- * Avoid pooling and combining eggs
- * Use clean, sanitized utensils and equipment



PREPARATION

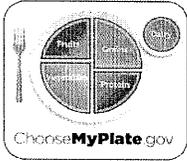
- * Cook eggs thoroughly
- * Hold cold egg dishes below 40°F¹
- * Hold hot egg dishes above 140°F¹
- * Never leave egg dishes at room temperature more than 1 hour (including preparation and service time)



¹ internal temperature



American Egg Board
1460 Renaissance Drive
Park Ridge, IL 60068



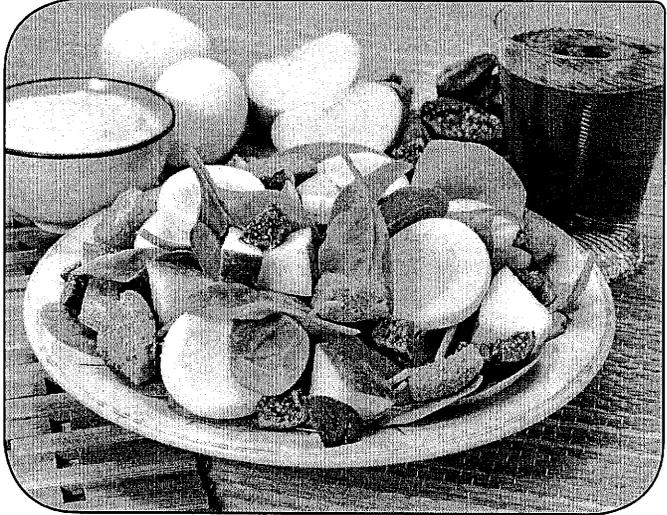
SPINACH SALAD WITH APPLES AND EGGS

Enjoy a simply delicious spinach salad with hard-boiled eggs, apples, and dried figs.

Preparation time: 45 minutes
Serves: 4

INGREDIENTS:

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz pkg)
- 1 cup whole-grain croutons
- ½ cup light honey mustard or poppy seed dressing



DIRECTIONS:

1. To hard-boil eggs:
 - Place eggs in saucepan large enough to hold them in a single layer.
 - Add cold water to cover eggs by 1 inch.
 - Heat over high heat just to boiling.
 - Remove from heat and cover.
 - Let eggs stand in hot water about 12 minutes.
 - Drain and fill pan with cold water; let sit 10-15 minutes.
 - Peel and slice. (If making ahead, refrigerate cooked unpeeled eggs.)
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-size chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing.

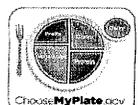
Serving Suggestions:

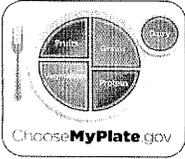
Serve with 8 oz of 100% grape juice and ½ cup vanilla or lemon low-fat yogurt.

Food Group Amounts	
Dairy	--
Fruits	1¼ cups
Vegetables	1 cup
Grains	½ oz
Protein	1 oz

Nutrition Facts	
Serving Size 271 g	
Amount Per Serving	
Calories 360	Calories from Fat 100
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 560mg	23%
Total Carbohydrate 59g	20%
Dietary Fiber 10g	40%
Sugars 33g	
Protein 9g	
Vitamin A 40%	Vitamin C 20%
Calcium 15%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Calories: 2,000 2,500
Less than 65g	80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation





EGGS OVER KALE AND SWEET POTATO GRITS

A modern twist on a Southern classic, this baked breakfast dish features eggs and grits with sweet potatoes and kale.

Preparation time: 45 minutes
Serves: 4

INGREDIENTS:

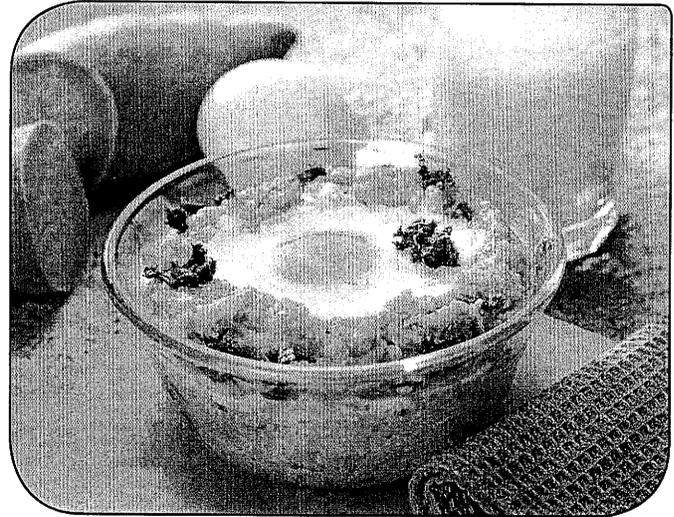
- 1 large sweet potato (orange flesh)
- 2 cups fresh kale, chopped
- 1 tbsp vegetable oil, divided
- 1½ cups water
- 1 cup non-fat milk
- ¾ cup grits, quick cooking
- ¼ tsp salt
- 4 eggs

DIRECTIONS:

1. Preheat oven to 350 °F
2. Coat 4 individual soufflé dishes with 1 tsp vegetable oil.
3. Make 3-4 slits in sweet potatoes; cook in microwave until just soft. When cool enough to handle, peel, cut into chunks, and puree in food processor.
4. Heat remaining vegetable oil in sauce pan, and sauté kale about 5 minutes.
5. In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale.
6. Divide grits mixture evenly among 4 soufflé dishes (or place all in casserole dish). Make 4 depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

Serving Suggestions:

Serve with an 8 oz glass of 100% grapefruit juice (regular, not pink).



Food Group Amounts	
	¼ cup
	--
	½ cup
	1 oz
	1 oz

Nutrition Facts	
Serving Size (225g) Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 410mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 12g	
Vitamin A 280%	Vitamin C 40%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	360g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



BASIC HARD-BOILED EGGS

DIRECTIONS

1. PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by one inch. HEAT over high heat just to boiling. REMOVE from burner. COVER pan.
2. LET EGGS STAND in hot water about 15 minutes for ex-large, 12 minutes for large and 9 minutes for medium.
3. DRAIN immediately and serve warm OR cool completely under cold running water or in ice water, then REFRIGERATE.

From: incrediblegg.org

MUFFIN FRITTATA

WHAT YOU NEED

- | | |
|-------------------------------|---------------------------------|
| 6 eggs | 3/4 cup chopped zucchini |
| 1/2 cup milk | 1/4 cup chopped red bell pepper |
| 1/4 tsp. salt | 2 tbsp. chopped red onion |
| 1/8 tsp. pepper | |
| 1 cup shredded Cheddar cheese | |

HERE'S HOW

1. HEAT oven at 350° F. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each.
2. Bake in 350° F. oven until just set, 20-22 minutes. Remove and serve warm.

From: eggnutritioncenter.org

EGG & CHEESE WAFFLE SANDWICH

INGREDIENTS

- 2 frozen 4 inch round waffles
- 1 egg, beaten
- 1 slice Co-Jack or American cheese

INSTRUCTIONS

1. HEAT oven to 400° F. Generously coat baking sheet with cooking spray. PLACE waffles on baking sheet.
2. SPOON egg over waffles, spreading to fill cavities. BAKE in oven until egg is set and waffles are crisp, 10-12 minutes.
3. TOP one waffle with cheese. COVER with remaining waffle and press together. LET STAND 1 minute to allow cheese to melt. Serves one.

From: coloradoeggproducers.com

Artichoke and Egg Spread (10 servings)

1 (14 oz.) can artichoke hearts, drained and chopped
½ cup mayonnaise
½ cup sour cream
3 hard cooked eggs, chopped
½ teaspoon curry powder, or to taste
Salt and pepper to taste

Combine all ingredients until well blended.

Nutrition facts: Total fat-12.7 grams, Carbohydrates-3.6 grams, Cholesterol-73 mg., Sodium-272 mg., Protein-3.2 grams

Health Nut Egg Salad

2 teaspoons whole grain mustard	10 hard cooked, coarsely chopped egg whites
2 teaspoons white wine vinegar	1 cup finely sliced lacinato kale leaves (about 3 stemmed leaves)
3 Tablespoons extra-virgin olive oil	½ cup toasted sliced almonds
Kosher salt and freshly ground pepper	

Whisk together whole grain mustard and white wine vinegar in a large bowl, then whisk in extra-virgin olive oil. Season with Kosher salt and freshly ground pepper.

Stir in coarsely chopped hard-boiled egg WHITES, finely sliced lacinato kale leaves (from about 3 stemmed leaves), and sliced almonds.

Per Serving: 180 cal, 4g carbs, 11g protein, 13g fat 0mg chol, 320mg sodium, 1g fiber

Dashrecipes.com/April 2014

Garden Veggie Egg Bake

5 Eggs	¼ teaspoon hot pepper sauce
2 cups Egg substitute	1 medium zucchini, chopped
½ cup 2% Cottage cheese	2 cups fresh broccoli florets
1/3 cup shredded pepper jack cheese	2 cups coarsely chopped fresh spinach
1/3 cup shredded Cheddar cheese	½ cup shredded carrots
¼ cup grated Romano Cheese	½ cup cherry tomatoes, quartered
¼ teaspoon pepper	

In a large bowl, whisk the eggs, egg substitute, cheeses, pepper, & Pepper sauce.

Stir in vegetables.

Transfer to 11-inX7-in. baking dish coated with cooking spray.

Bake, uncovered, at 350F for 45-50 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

Serves 6

Nutrition: 1 piece equals 202 calories, 10 g fat (5 g saturated fat), 197 mg cholesterol, 478 mg sodium, 7 g carbohydrate, 2 g fiber, 22 g protein.

Healthy Cooking Annual Recipes/2013

Muffin Tin Doughnut

2 $\frac{3}{4}$ cups Flour
1 cup Sugar
 $\frac{1}{4}$ cup Cornstarch
1 Tablespoon Baking Powder
1 teaspoon Salt
 $\frac{1}{2}$ teaspoon Nutmeg, ground
1 cup Buttermilk
8 Tablespoons Unsalted buttered, melted
2 large Eggs plus 1 large yolk

Coating: 1 cup sugar
2 teaspoons cinnamon, ground
8 Tablespoons unsalted butter, melt

Doughnuts: Oven 400°F, set shelf in middle of oven. Spray veg. oil in 12 cup muffin tin. Whisk dry ingredients together in a bowl. Whisk buttermilk, melted butter, eggs & yolk together and add to dry ingredients. Stir with rubber spatula until just combined. Scoop batter into prepared tin. Bake until doughnuts are lightly brown & inserted toothpick comes out clean, about 19 to 22 minutes. Cool in tin for 5 min.

Coating: Whisk cinnamon & cinnamon together in bowl. Remove doughnuts from tin. Brush each doughnut with melted butter, roll in cinnamon sugar & press lightly to adhere. Transfer to wire rack & cool 15 min. Serve 12. Very good

Cook's Country/June-July 2013

Easy Salmon Quiche

1 (9 inch) pie shell, unbaked	$\frac{3}{4}$ teaspoon celery salt
6 eggs, beaten	$\frac{1}{2}$ teaspoon dry mustard
1 can (7 $\frac{3}{4}$ oz) salmon	$\frac{1}{8}$ teaspoon pepper
Milk	Watercress or parsley, optional
1 Tablespoon lemon juice	
2 teaspoons instant minced onion	

Brush pie shell with small amount of the beaten eggs. Prick bottom and sides with fork. Using a metal pie plate, bake shell in preheated 425 ° F. oven until golden brown, about 5 minutes.

Cool on wire rack. Reduce oven temperature to 350° F.

Drain and flake salmon, reserving liquid in measuring cup. Add enough milk to make 1 $\frac{1}{2}$ cups. Combine with beaten eggs and seasonings. Sprinkle salmon in pie shell. Pour in egg-milk mixture. Bake in preheated oven 35 to 40 minutes or until knife inserted off center comes out clean. Let stand 5 to 10 minutes, before serving. Garnish with watercress or parsley.

*You may use a thawed, frozen deep dish pie shell. Pre-bake in preheated 425° F oven. Bake quiche at 375° F. *Recipe submitted by Viola Lee, MFV.*

Hash Brown Casserole Makes 12 servings.

6 eggs, well beaten	2 cups (8 oz) shredded cheddar cheese
1 can (12 oz) Evaporated Milk	1 medium onion, chopped
1 teaspoon salt	1 small green bell pepper, chopped
½ teaspoon ground black pepper	1 cup diced ham (optional)
1 pkg.(30 oz.) frozen shredded hash brown potatoes	

Preheat oven to 350°F. Grease 13 x 9 inch baking dish.

Combine eggs, evaporated milk, salt and black pepper in large bowl. Add potatoes, cheese, onion, bell pepper and ham, if desired; mix well. Pour mixture into prepared baking dish.

Bake for 60 to 65 minutes until set.

Note: for a lower fat version of this recipe, substitute 3 cartons (4oz. each) cholesterol-free egg product for the eggs, fat free evaporated milk and 10 slices turkey bacon, cooked and chopped, for the diced ham. Proceed as directed above. *Recipe from Viola Lee, MFV.*

Angel Food Cake

1 ½ cups powdered sugar
1 cup cake flour
1 ½ cups egg whites (about 13) at Room Temperature
1 ½ teaspoon cream of tartar
2 teaspoons vanilla
½ teaspoon almond extract
½ teaspoon salt
1 cup granulated sugar

Sift cake flour and powdered sugar together five times, set aside.

Beat egg whites until frothy on medium speed then add cream of tartar turning mixer up to high. Add sugar, 2 tablespoons at a time, mixing each addition until sugar is dissolved.

Add salt, vanilla and almond extract with the last addition of sugar. Be sure to turn beaters off and pinch a little batter between fingers to make certain it's not gritty. If gritty, mix more and do not under beat batter. (Don't bang the beater or tap the bowl in anyway)

Sprinkle 3 tablespoons of flour/powdered sugar mixture on top of batter and fold in each addition until all of flour/sugar mixture is used. Dollop batter into baking pan and place on lowest rack in oven. Bake at 375 °F until toothpick checks clean. Allow to cool to touch, turning angel food cake pan upside down on bowl or glass.

Recipe submitted by Audrey Tate, MFV.