



FARMERS FEEDING UTAH

Eggs

Eggs are considered one of nature's most complete foods. Eggs are an all-natural source of high-quality protein. One large egg has varying amounts of 13 essential vitamins and minerals and high-quality protein, all for 70 calories per large egg. While egg whites contain some of the eggs' high-quality protein, riboflavin and selenium, the majority of an egg's nutrient package is found in the yolk. Nutrients such as:

- Vitamin D, critical for bone health and immune function. Eggs are one of the only foods that naturally contain vitamin D.
- Choline, essential for normal functioning of all cells, but particularly important during pregnancy to support healthy brain development of the fetus.
- Lutein and zeaxanthin, antioxidants that are believed to reduce the risk of developing cataracts and slow the progression of age-related macular degeneration, a disease that develops with age.

Cost-effective and versatile, the unique nutritional composition of eggs can help meet a variety of nutrient needs of children through older adults. Plus, eggs can play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more.

BEST COOKING PROCEDURES

Eggs are perishable and need to be handled properly to prevent foodborne illness. Occasionally, eggs with clean, uncracked shells can be contaminated with bacteria, specifically *Salmonella* Enteritidis. Bacteria love to grow in moist, protein-rich foods. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods. Your refrigerator should be at 40 °F or below. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods. Your refrigerator should be at 40 °F or below. Use a thermometer to monitor.

Cook eggs and egg dishes to 160 °F. Whether you like your breakfast eggs scrambled or fried, always cook eggs until the yolks and whites are firm; scrambled eggs should not be runny. Bacteria love to grow in moist, protein-rich foods. Cook cheesecakes, lasagna, baked pasta and egg dishes to an internal temperature of 160° F. Use a food thermometer.

Remember the 2-Hour Rule: Don't leave perishables out at room temperature for more than two hours.

Tasting is tempting but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs.

CLASSIC USES

Bacon & Egg Potato Boats
Eggs Over Pepper



Recipes

Bacon and Eggs Potato Boats

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 3 medium russet potatoes
- 6 slices bacon
- 6 eggs
- $\frac{3}{4}$ cup shredded cheese, any flavor
- 3 green onions, chopped
- Black pepper to taste

DIRECTIONS

Preheat oven to 400° F. Wash potatoes and pierce them with a fork a few times. Place potatoes on the middle oven rack. Bake 30-40 minutes or just until potatoes are tender when pierced with a fork. Remove the potatoes from oven and allow to cool until they are cool enough to touch. Make potato boats by slicing each potato in half lengthwise and scooping out $\frac{1}{2}$ - $\frac{3}{4}$ of the flesh. Reserve flesh for later use. Spray a baking dish with non-stick cooking spray. Place the potato boats in the baking dish. Season with pepper. Add one slice of bacon and 2 tablespoons shredded cheese to each boat. Gently crack an egg on top of each potato boat. Return your potatoes to the oven and bake for 15-20 minutes until eggs are cooked through. Sprinkle green onions on top and serve.

Recipes

Eggs Over Peppers

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 tablespoon olive oil or canola oil
- 1 large bell pepper
- 4-5 large eggs
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon garlic powder
- Salt and pepper to taste
- $\frac{1}{4}$ cup cheddar cheese, shredded
- $\frac{1}{4}$ cup green onions, chopped

DIRECTIONS

- Heat oil in a skillet over medium heat. Cut peppers into $\frac{1}{2}$ inch rings.
- Remove the seeds and centers. Place sliced peppers in skillet and sauté for 1-2 minutes. Flip over and cook an additional 1-2 minutes. Crack an egg into the center of each pepper ring. Sprinkle all eggs with onion powder, garlic powder, salt and pepper. Sauté for 3-5 minutes until each egg has cooked through. Flip if needed. Top with cheese and green onions and cook until cheese has melted.