



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, 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: 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
- Easy Eggs
- Mexican Style omelet
- Garden Style Omelet
- Hard Boiled Eggs
- Microwave Scrambled Eggs
- Veggie Frittata
- Huevos Rancheros Tacos
- Breakfast Potato Skillet
- Vegetable Almond Fried Rice



Recipes

Breakfast Potato Skillet

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 4 slices bacon, cooked and crumbled or ¾ cup ham, diced
- 2 teaspoon canola oil
- 2 medium potatoes, cubed
- 1 medium onion, chopped
- 4 eggs
- Salt and pepper to taste
- ½ cup cheese, grated

DIRECTIONS

- Put canola oil in a large skillet; add potatoes and onion. Fry until golden brown and tender, about 15 minutes.
- Beat eggs and add salt and pepper. Add eggs and meat to potato mixture. Stir gently over low heat until eggs are set; sprinkle with cheese.
- Yield: 6 servings

Recipes

Vegetable Almond Fried Rice

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 teaspoon + 2 tablespoons canola oil
- 2 large eggs, beaten
- 1 bunch broccoli, chopped
- 1 large onion, chopped
- 2 large carrots, sliced
- 1 cup frozen peas
- ½ teaspoon salt
- ½ cooked chicken breast, diced
- 1 small summer squash, diced
- 1-2 teaspoons garlic, minced
- Low-sodium soy sauce
- 1 cup chopped or slivered almonds
- 3 cups cooked rice

DIRECTIONS

- Add 1 teaspoon oil to a large skillet along with beaten eggs and cook in a thin layer. Transfer the cooked eggs to a plate, and then cut the eggs into small pieces. Wipe the skillet clean and return to high heat.
- Add 2 tablespoons of oil, coating the pan. Add broccoli, onion, carrots, and salt and cook for 5 minutes, stirring constantly.
- Add chicken, squash and garlic. Turn heat down to medium heat and stir-fry for another 3 minutes or so, until vegetables are all tender-crisp.
- Add rice a little at a time and mix. Add peas, green onions, and eggs and shake in about 20 good shakes of soy sauce. Stir in the almonds and serve hot.