



# 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
- Hard Boiled Eggs
- Mexican Style omelet
- Garden Style Omelet
- Microwave Scrambled Eggs
- Broccoli Cheddar Frittata
- Veggie Frittata
- Huevos Rancheros Tacos
- Breakfast Potato Skillet
- Vegetable Almond Fried Rice



# Recipes

## Microwaved Scrambled Eggs

*Recipe from Create Better Health (SNAP-Ed)*

### INGREDIENTS

- 2 eggs
- 2 tablespoons of low-fat milk or water
- Salt and pepper to taste

### DIRECTIONS

- Combine eggs and milk or water in a microwave safe dish. Microwave on high for 45 seconds. Stir. Microwave on high for another 45 seconds or until eggs are set and firm. Salt and pepper to taste.

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# Recipes

## Broccoli Cheddar Frittata

*Recipe from Create Better Health (SNAP-Ed)*

### INGREDIENTS

- 1 package (10 oz) frozen broccoli, chopped
- ¼ cup water
- 8 eggs
- ¼ cup nonfat or low-fat milk
- 2 teaspoons prepared mustard
- 1 teaspoon seasoned salt
- ¼ teaspoon pepper
- ¾ cup shredded reduced-fat cheddar cheese (3 oz)
- ¼ cup chopped green onion
- 1 carrot, shredded
- Nonstick cooking spray

### DIRECTIONS

- Combine broccoli, carrot, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, 10 minutes; drain well.
- Beat eggs, milk, mustard, salt, and pepper in a large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
- Coat same skillet with cooking spray or \* X \* baking pan; heat over medium heat until eggs are almost set if cooking in skillet for 8 to 10 minutes. Or preheat oven to 350 degrees F and place baking dish in the oven to bake for 15-20 minutes in the oven.
- If using the skillet to cook, remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8-10 minutes.
- Cut into wedges and serve.