



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
- Salami Omelets
- Mushroom & Salami Toast



Recipes

Prep Time 10 minutes
Cook Time 10 minutes
Total Time 20 minutes
Servings 1

Salami Omelets

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

2 large eggs
2oz. salami, sliced thin
2-3 mushrooms, sliced
Pinch of dried thyme leaves
1 Tbsp unsalted butter
Olive oil
A small handful of parmesan or other cheese
Salt and black pepper to taste

Other vegetable add-ins

Bell peppers
Spinach
Tomatoes
Sliced green onion

DIRECTIONS

Beat the eggs in a mixing bowl with a pinch of salt and pepper. In small frying pan on a high heat, fry salami in a little olive oil until crisp and golden, add mushrooms and thyme then turn the heat down to medium, and add butter. When the mushrooms are cooked, add eggs and move the pan around to spread them out evenly. When the omelet begins to cook and firm up, but still has a little raw egg on top, sprinkle cheese over it. Ease around the edge of the omelet with a spatula, then fold it in half. When it starts to turn golden brown underneath, remove the pan from the heat and slide the omelet on to a plate.

Recipes

Prep Time 10 minutes
Cook Time 20 minutes
Total Time 30 minutes
Servings 2

Mushroom & Salami Toast

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

2 slices sourdough or whole wheat bread
3 oz. salami, sliced thin
1/2 lb. mushrooms, sliced 1/8-inch thick
2 eggs (either fried or poached)
½ Tbsp butter
Olive oil
Grated parmesan cheese
Salt, pepper and parsley to taste

DIRECTIONS

In small frying pan on a high heat, fry salami in a little olive oil until crisp and golden. Add mushrooms and turn the heat down to medium, add butter and season with salt and pepper. When the mushrooms are cooked down, toast bread, spoon mushrooms on toast and top with egg, parsley, grated cheese and a drizzle of olive oil.