



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

Veggie Frittata

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 teaspoon olive oil
- 2 cups of your favorite vegetables, diced
- ¼ cup onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon thyme
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper 9 large eggs
- ½ cup shredded cheese, any style

DIRECTIONS

Heat olive oil in a large skillet. Add veggies, onion, garlic, thyme, oregano, salt, and pepper. Cook until veggies are tender, and liquid evaporates, about 10 minutes. Whisk eggs into a medium bowl. Add cheese to eggs and stir to combine. Pour eggs over vegetable mixture in skillet. Stir gently. Cover, reduce heat and cook 15 minutes, or until the eggs are set in the center. Or a food thermometer inserted in the eggs reaches 160 degrees Fahrenheit. Cut into wedges and serve warm.

Recipes

Huevos Rancheros Taco

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 4 (6-inch) corn tortillas
- Non-stick cooking spray
- ½ cup shredded cheese
- ½ cup black beans, drained and rinsed
- 1 teaspoon olive oil
- 4 large eggs
- ¼ teaspoon black pepper
- ¼ cup fresh salsa
- 2 tablespoon sour cream
- ½ avocado, peeled and chopped
- ¼ cup cilantro, chopped
- Lime wedges

DIRECTIONS

Preheat broiler to high. Spray a baking sheet with non-skillet cooking spray. Place tortillas evenly spaced on baking tray. Broil 2 minutes; remove pan from oven. Flip tortillas over. Top each tortilla with 2 tablespoons cheese and 2 tablespoons beans. Broil 2-3 minutes or until cheese is melted and tortilla starts to crisp. Remove from oven. Heat a nonstick skillet over medium heat. Add oil to pan. Swirl to coat. Crack eggs into pan. Cover and cook 2 minutes or until whites are set. Place one egg in the center of each tortilla; sprinkle with pepper. Top with fresh salsa, sour cream, avocado, and cilantro. Serve with lime wedges.