

# Egg



## Description

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. Eggs also have choline, essential for normal functioning of all cells, but particularly important during pregnancy to support healthy brain development of the fetus. Eggs contain 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.

## 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

## 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.



# Eggs Over Peppers



## Ingredients

- 1 tablespoon olive or canola oil
- 1 large bell pepper
- 4-5 large eggs
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- salt and pepper, to taste
- 1/4 cup cheddar cheese, shredded
- 1/4 cup green onions, chopped

## Directions

Heat oil in a skillet over medium heat. Cut peppers into ½ 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.

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

