

# Food Storage Tips

- All eggs need to be refrigerated.
- Refrigerate raw eggs for no longer than 1 month.
- Refrigerate hard-cooked eggs for no longer than 1 week.
- Use raw leftover yolks and whites within 4 days.
- Keep eggs in their original container and store in the coldest part of the refrigerator.



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WNEP education is supported by the USDA Food Share Program, UW-Extension, and local partners. Food share can help provide a healthy diet. To find out more about Food Share, call 715-232-7360. Updated 2/2012.

# EGGstra, EGGstra Read All About It

## Get The Scoop On EGGS



### **Nutrition Education Program**

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Family Living Programs • Cooperative Extension • University of Wisconsin-Extension

# Nutritional Facts

- Eggs can replace meat for variety in your meals.
- Two eggs equal 1 serving in the protein group.
- Eggs provide protein, vitamins and minerals needed for good health in 75 calories per egg.
- To lower fat and cholesterol, substitute 2 egg whites for one whole egg in most recipes.
- Limit consumption of egg yolks to 4 a week.

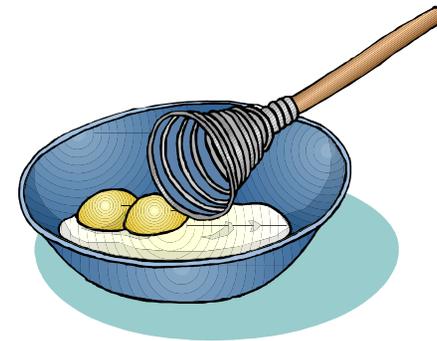


# Food Safety Tips

- Choose eggs with clean, uncracked shells. Breaks in the shell allow bacteria to invade.
- Use only eggs (cooked and raw) that have been out of the refrigerator for less than 2 hours.
- Eat foods that contain cooked eggs only. Avoid raw cookie dough or cake batter.
- Store bought pasteurized eggs can be used in recipes containing raw eggs such as eggnog or ice cream.
- Wash hands and surfaces with soap and warm water.
- Wisconsin does not allow eggs past the expiration date to be re-washed, re-packaged and sold under a new expiration date.

# Cooking Tips

- Adding salt while cooking will make eggs tough. Add seasoning later.
- Be sure to cook eggs thoroughly. Whites and yolks should be firm, *not* runny.
- Use the following cooking times:
  - Fried eggs: 2-3 minutes each side; 4 minutes in covered pan.
  - Scrambled eggs: should be cooked until firm throughout.
  - Poached eggs: 5 minutes over boiling water.
  - Soft-cooked eggs: 7 minutes in the shell in boiling water.
  - Meringue topped pies: 350 degrees for 15 minutes.



# Money Saving Tips

- Eggs can be the basis of low-cost snacks, main dishes or desserts.
- Buy larger eggs if there is less than a 7-cent difference in cost between one size and the next larger size.





### Basic French Omelet

1 to 2 servings

- 2 eggs
- 2 Tablespoons water
- 1/8 teaspoon salt, optional
- Dash of pepper, optional
- 1 teaspoon butter or cooking oil *or* cooking spray

1. In small bowl, beat together eggs and water with salt and pepper until blended.
2. In 7 to 10 inch omelet pan or skillet over medium-high heat, heat butter until just hot enough to sizzle a drop of water.
3. Pour in egg mixture.
4. With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface, tilting pan and moving cooked portions as necessary.
5. When tip is thickened and no visible liquid egg remains, fill, if desired.
6. With pancake turner, fold omelet in half or roll.
7. Invert onto plate with a quick flip of the wrist or slide from pan onto plate.

### Sure to Please Baked Eggs & Cheese

4 servings

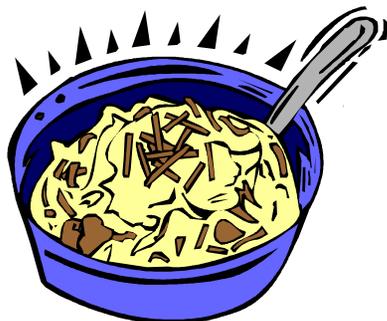
*Per serving: 212 calories, 16 grams fat,  
334 mg cholesterol*

- 1 Tablespoon oil
- 6 eggs
- 1/2 cup grated cheese
- 1/2 cup milk
- 1 teaspoon garlic powder
- 1 1/2 teaspoon oregano

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

### Egg Dish Leftovers

Promptly cover and store in refrigerator no longer than 1-2 days. For longer storage, freeze and use within 2-3 months.



### Menu Idea

Classic Egg Salad  
Whole Grain Bread  
Green Beans, Apple Slices  
Low Fat Milk

### Classic Egg Salad

(4 servings)

*Per serving: 179 calories and 9  
grams of fat*

- 6 hard cooked eggs
- 1/4 cup salad dressing
- 1 teaspoon minced onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup finely chopped celery

1. Place eggs in cold water and bring to boil.
2. Turn off heat and let stand in water 20 minutes.
3. Chill in cold water for 10 minutes.
4. Peel and chop eggs.
5. Add salad dressing, onion, celery, salt and pepper. Mix well.
6. Cover and chill to blend flavors.



### Menu Idea

Egg Strata  
Bran Muffin  
Fresh Grapes  
Low Fat Milk

### Egg Strata

(6 servings)

*Per serving: 299 calories and 14  
grams of fat*

- 6 slices of bread, whole-wheat or white
- 1 to 1 1/2 cups cooked broccoli, peas, green beans or spinach
- 1 cup Colby, Cheddar or Swiss cheese, grated
- 1 cup diced, cooked meat: ham, chicken or turkey
- 1 Tablespoon minced onion
- 5 eggs
- 2 cups low fat milk
- 1/2 teaspoon salt

1. Lightly grease bottom of 8 x 8 inch pan.
2. Break bread into bite-size pieces.
3. Place half of the bread in pan.
4. Top with vegetables, cheese, meat, and onion.
5. Place remaining bread on top.
6. In a bowl, mix eggs, milk & salt.
7. Pour egg mixture over bread in pan & cover.
8. Refrigerate at least 1 hour, or overnight.
9. Bake uncovered in a 325° oven for 1 to 1 1/4 hours, until lightly brown & center is firm.

## Scrambled Eggs

1 to 2 servings

2 eggs  
2 Tablespoons skim or low-fat milk  
Salt and pepper to taste  
1 teaspoon butter or cooking oil *or* cooking spray

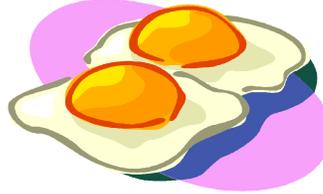
1. In small bowl, beat together eggs and milk with salt and pepper until blended.
2. In 7 to 8 inch omelet pan or skillet over medium heat, heat butter until just hot enough to sizzle a drop of water.
3. Pour in egg mixture.
4. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds.
5. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly.



## Fried Eggs

1 to 2 servings

1 teaspoon to 2 Tablespoons butter or cooking oil *or* cooking spray  
2 eggs



1. In 7 to 8 inch omelet pan or skillet over medium high heat, heat butter until just hot enough to sizzle a drop of water.
2. Break and slip eggs into pan.
3. Immediately reduce heat to low.
4. Cook slowly until whites are completely set and yolks begin to thicken but are not hard.
5. Covering with lid, spoon butter over eggs to baste or turn eggs to cook both sides.

## Poached Eggs

Water, skim or low fat milk  
Reduced fat broth, tomato juice, wine or other liquid  
Eggs

1. In saucepan or deep omelet pan, bring 2 to 3 inches of water to boiling.
2. Reduce heat to keep water gently simmering.
3. Break cold eggs, 1 at a time, into custard cup or saucer or break several into bowl.
4. Holding dish close to water's surface, slip eggs, 1 by 1, into water.
5. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes.
6. With slotted spoon, lift out eggs.
7. Drain in spoon or on paper towels and trim any rough edges, if desired.

### To remove shell

1. Crackle it by tapping gently all over.
2. Roll egg between hands to loosen shell, then peel, starting at large end.
3. Hold egg under running cold water or dip in bowl of water to help ease off shell.



## Eggs Cooked In the Shell

Eggs  
Water

1. Place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs.
2. Cover and quickly bring just to boiling.
3. Turn off heat. If necessary, remove pan from burner to prevent further boiling.

### HARD COOKED

1. Let eggs stand, covered, in the hot water about 15 minutes for Large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.).
2. Immediately run cold water over eggs or place the egg in ice water until completely cooled.

# Eggs in the Microwave

## Fried Eggs

Break and slip eggs into lightly greased or sprayed pie plate. Gently prick yolks with tip of knife or wooden pick. Cover with plastic wrap. Cook on 50% power just until eggs are almost done, about 2 to 3 minutes. Let stand, covered, until whites are completely set and yolks begin to thicken but are not hard, about 30 seconds to 1 minute.



## Poached Eggs

**2 eggs use:** 1/3 cup of water  
**4 eggs use:** 2/3 cup of water

Pour water into 10-ounce custard cup or small, deep bowl (1-quart bowl or baking dish). Break and slip in eggs. Gently prick yolks with tip of knife or wooden pick. Cover with plastic wrap. Cook on full power about 1 1/2 to 2 (using 2 eggs) or 1 1/2 to 3 (using 4 eggs) minutes. If necessary, let stand, covered, until whites are completely set and yolks begin to thicken but are not hard, about 1 to 2 minutes. Pour off water to serve in custard cup, or lift out with slotted spoon.

# Eggs in the Microwave

## Hard Cooked Eggs

Separate egg yolks and whites into 2 lightly greased liquid measures or small bowls. With fork, stir yolks. Cover each container with plastic wrap. Cook containers separately on 50% or 30% power, stirring once or twice, allowing about 20 to 30 seconds per yolk and about 30 seconds to 1 minute per white. Remove when slightly underdone. Let stand, covered, about 2 minutes. Cool long enough to handle comfortably, then chop or chill until ready to serve.

## Basic French Omelet

In 9-inch pie plate, heat butter on full power until melted, about 45 seconds. Tilt plate to coat bottom evenly with butter. Set aside. Meanwhile, in small bowl, beat together eggs and water with salt and pepper, if desired, until blended. Pour into hot plate. Cover tightly with plastic wrap. Cook on full power about 2 to 3 minutes, rotating 1/4 turn each 30 seconds. Do not stir. When top is thickened and no visible liquid egg remains, fill, if desired. With pancake turner, fold omelet in half or roll and slide from pie plate onto a serving plate.

## Scrambled Eggs

In 10-ounce custard cup, beat together eggs and milk with salt and pepper, if desired. Cook on full power, stirring once or twice, until almost set, about 1 or 1/2 minutes. Stir, if necessary, cover with plastic wrap and let stand until eggs are thickened and no visible liquid egg remains, about 1 minute.

