



## Eggs are Eggs-traordinary!

**Eggs ...** are an inexpensive source of protein which is important for bones and muscles. Eggs are quick to fix and can be prepared in a variety of ways, such as hard-cooked, scrambled, or fried.

Easy Hard-Cooked Eggs:

1. Place eggs in large pan.
2. Cover with cold water an inch above the eggs.
3. Bring water to boil over high heat.
4. Remove pan from heat.
5. Cover pan.
6. Let covered pan sit about 15 minutes.
7. Carefully pour off hot water.
8. Cover eggs with cold water.
9. Drain water once eggs are cool enough to handle.
10. Refrigerate eggs if not used right away.

**Eggs-cellent ways to use hard-cooked eggs:**

1. Make egg salad sandwiches.
2. Mix into tuna, chicken, potato or pasta salad.
3. Slice and add to a salad or soup for extra protein.
4. Eat as a quick snack!

**Safety and Storage ... Eggs-tra Care for Eggs**

1. At the store, open the egg carton to be sure none are cracked or broken as they may not be safe to eat.
2. Fresh eggs are safe for up to 5 weeks after the date stamped on the carton if kept refrigerated, but their quality is best if used within 3 weeks.
3. Be safe! Wash hands after handling raw eggs.
4. Store eggs in the original carton to keep eggs moist and keep out other food odors.
5. Store eggs in the carton on a shelf. Eggs stored in the door get warm each time the door is opened.



### Kids' Corner

Make this recipe with your kids for breakfast, lunch or dinner. Be safe with younger children when using the knife and hot oven. Enjoy with your favorite topping and a glass of milk.



### French Toast Sticks

Preparation time: 10 minutes

Cooking time: 18 minutes Makes: 16 sticks

#### Ingredients:

4 slices bread\* 2 eggs 1/3 cup milk  
1/2 teaspoon vanilla (optional)

\*Use stale bread or let bread sticks sit uncovered for 30 minutes before dipping into mixture.

#### Directions:

1. Wash hands with warm water and soap and again after handling raw eggs.
2. Preheat oven to 350°.
3. Spray a baking sheet with cooking spray. Set aside.
4. Cut each slice of bread into 4 sticks lengthwise to equal 16 sticks.
5. In medium bowl combine eggs, milk and vanilla. Beat with fork until well mixed.
6. Dip each bread stick into egg mixture. Place on baking sheet.
7. With a spoon drizzle any remaining egg mixture over bread sticks.
8. Bake 18 minutes or until lightly browned.

Topping ideas: cinnamon, applesauce, peanut butter, fresh fruit, jam, or syrup

#### Notes:

- Increase the fiber by choosing whole wheat bread instead of white bread.
- No oven? No problem. Cook on stove top in frying pan coated with cooking spray or oil.



## Be Active!

### Grab-A-Bunny Tail

1. Tuck a sock into each player's waistband.
2. Each player tries to pull off other players' tails.
3. See who can get the most tails.
4. Have fun playing this game inside or outside.

### Ways to \$ave

1. Expensive brown eggs are not any healthier than white eggs.
2. Look for peel-off coupons for eggs on other breakfast foods like cereal to use at the store – especially in the spring.
3. Buy more eggs when they're on sale; then plan to prepare more egg dishes for breakfast, lunch and dinner.

## Omelet-in-a-Cup

Preparation time: 15 minutes    Cooking time: 20 minutes

Serves: 12 omelets

### Ingredients:

- 10 large eggs
- 10 ounce package frozen chopped spinach, thawed
- 2 tablespoons finely chopped onion
- $\frac{2}{3}$  cup shredded cheese
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

### Directions:

1. Wash hands with warm water and soap, and again after handling raw eggs.
2. Spray 12 muffin cups with cooking spray.
3. Break eggs into medium bowl. Mix well.
4. Squeeze water from spinach until spinach is dry.
5. Stir chopped onion, spinach, salt and pepper into eggs.
6. Pour evenly into 12 muffin cups.
7. Sprinkle with cheese.
8. Bake at 350° for 20 minutes or until omelets are done in the center.

Remove from muffin tin after cooking to keep from sticking. Cover and refrigerate any leftovers. Leftovers will keep refrigerated for up to 3 days. Re-warm in oven.

### Notes:

- Instead of spinach mix in  $\frac{3}{4}$  cup of chopped ham or another vegetable.
- Great way to use leftover veggies, cheese and cooked meat.



**If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.**

Sources: [foodsafety.gov/keep/types/eggs/index.html](http://foodsafety.gov/keep/types/eggs/index.html), [eggsafety.org/consumers/consumer-faqs](http://eggsafety.org/consumers/consumer-faqs), [eggsafety.org/](http://eggsafety.org/)

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This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program-EFNEP.

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