



Family Nutrition In Action

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It can help you buy nutritious foods for a better diet. To find out more, call 1-800-342-9274 (toll-free).



Eggs: Nutritious, Affordable, and Fast!

Whether for breakfast, lunch, or dinner, eggs are a cheap and nutritious "fast food" choice! They are low in calories but full of vitamins, minerals, and other substances important for good health.

The latest research shows that adding one or two eggs a day to a low-fat diet has little or no effect on blood cholesterol in most people.

The Options are Endless...

Scrambled, poached, fried, and hard-cooked are just some quick ways to make eggs. Hard-cooked eggs are nutritious additions to salads, casseroles, and sandwiches.

Keep Food Safety in Mind

- T **Buy** eggs that have been kept refrigerated. Don't buy cracked eggs.
- T **Store** eggs in their carton on a refrigerator shelf, not the door. Use raw eggs within 3 to 5 weeks. Use hard-cooked eggs within 1 week.
- T **Cook** eggs until the yolks and whites are firm. Cook casseroles and other egg dishes thoroughly to 160° F (use a food thermometer to be sure).
- T **Chill** eggs (including hard-cooked eggs and egg dishes) in the refrigerator within 2 hours of cooking.

Eggs and the Food Guide Pyramid

Because they are high in protein and other nutrients, eggs belong in the Meat Group of the Food Guide Pyramid. One egg counts as one ounce of meat.

Are Brown Eggs More Nutritious?

No. The color of the shell has nothing to do with the egg's quality or nutrients. The color of the shell is determined by the breed of hen.

Hard-Cooked Eggs

Place eggs in a single layer in a pan and cover completely with cold water. Cover with a lid and place pan over high heat. When water comes to a boil, remove pan from heat and let sit 15 to 18 minutes. Then place eggs under cool running water or place in ice water until completely cooled.

Use hard-cooked eggs within 1 week. Once they're peeled, use immediately.

Zucchini and Tomato Frittata (Serves 4)

4 eggs
2 tablespoons fat-free milk
¼ teaspoon black pepper
1 medium zucchini, washed and chopped (do not peel)
¼ small onion, chopped
2 cloves garlic, minced
1 medium tomato, washed and sliced
¼ cup cheddar cheese, shredded
½ cup salsa (optional)

1. In a medium bowl, mix eggs, milk, and pepper, and set aside.
2. Coat a large skillet with non-stick spray.
3. Over medium heat, cook zucchini, onion, and garlic until tender.
4. Pour egg mixture in skillet.
5. Add tomatoes and cook until eggs are almost set.
6. Top with cheese and place skillet in oven. Broil until eggs are completely set.
7. Top with salsa and serve with fruit and toast for a balanced meal!



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