

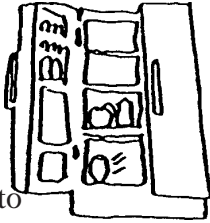
## At the Grocery Store

- Buy refrigerated eggs.
- Check carefully before purchasing.  
Buy eggs that are clean and not cracked or broken.
- Pack the eggs on top of the grocery bag to prevent damage on the trip home.



## Keeping Eggs Safe

- Get the eggs home and refrigerate immediately.
- Check to make sure none of the eggs have been broken or cracked on the way home. Throw away broken eggs. They are not safe to use.
- Store eggs in the carton they come in. Keep the eggs in the refrigerator. It is best not to store them in the door, because they will be exposed to warm air every time the refrigerator is open.
- Uncooked eggs can be kept in the refrigerator for 3 weeks.



### Important!

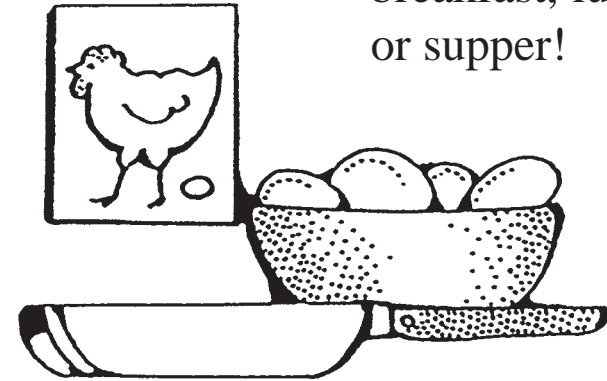
Harmful bacteria in raw eggs may cause food poisoning. To make sure foods made with eggs are safe to eat, follow these rules:

- Be sure to cook eggs thoroughly until the whites and yolks are firm. Eggs should not be runny.
- Serve eggs right after cooking.
- Do not eat foods that contain raw eggs (such as cookie dough).

## Eggs

### What You Need to Know & Favorite Recipes

Eggs are low cost and  
easy to prepare for any meal  
-- breakfast, lunch,  
or supper!



Eggs can be prepared in many different ways.

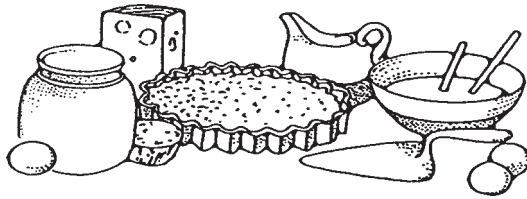
## MyPyramid Helps Build a Healthy Diet



## Eggs Can Be Part of a Healthy Diet

- Eggs are part of the Meat Poultry, Fish, Dry Beans, Eggs and Nut group.
- 5-1/2 ounces per day are recommended from this group. Eggs can replace meat for variety in our meals.
- Eggs provide protein, vitamins, and minerals needed for good health.
- To lower fat and cholesterol, substituting 2 egg whites for 1 egg will work in most recipes.

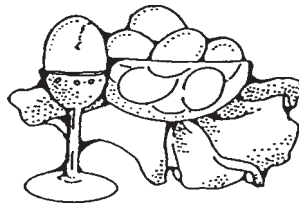
## Creative Uses for Eggs



- Serve eggs in French toast, pancakes, fried rice, or use them for baking cookies and muffins.
- Use eggs in meat dishes such as meatballs, salmon loaf, or hamburger patties. Eggs help hold the meat together and allow you to serve more people for less money.
- Add hard cooked eggs to tuna salad, potato salad, pasta salad, and macaroni and cheese, or make egg salad sandwiches.

## Hard Cooked Eggs

1. Put unbroken eggs in a sauce pan and cover with cold water.
2. Heat to boiling. Cover pan and remove from heat. Wait 20 minutes.
3. Serve eggs hot; or cool quickly in cold water.
4. Store hard cooked eggs in the refrigerator. Use within 1 week.



## Child Helper Hints



Allow your children to help when you are cooking. It helps them become excited about trying new foods. They will learn about planning and preparing nutritious meals.

Everyone should wash their hands before touching food.

Children can:

- Help measure the ingredients.
- Break eggs into a separate bowl.
- Help blend eggs and other ingredients together.
- Get other parts of the dinner ready. For example: wash fruit, make toast and help set the table.

Thank your children for helping!

## Egg Dish Leftovers

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

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## Menu Idea

Baked Eggs & Cheese  
Whole Wheat Toast  
Broccoli  
Grapes  
Milk

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### Sure to Please Baked Eggs & Cheese

Makes 4 Servings

212 calories, 16 grams of fat and 334 mg cholesterol per serving

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

1. Preheat oven to 350°.
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.

\* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol.

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## Menu Idea

Flavorful Fried Rice  
Green Beans  
Apple Slices  
Milk

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### Flavorful Fried Rice

Makes 6 Servings

249 calories, 10 grams of fat and 213 mg cholesterol per serving

- 2 Tablespoons cooking oil or margarine
- 1 cup rice, regular uncooked (not instant)
- 3 Tablespoons minced onion
- 1/2 cup carrots, chopped or grated
- 2 cups water
- 6 eggs beaten\*
- 1/4 cup milk
- 1/2 cup peas
- 2 Tablespoons soy sauce

1. In a fry pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
2. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes.
3. Beat eggs in bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in fry pan.
4. Cook on medium heat. A mixture begins to thicken, gently draw a spatula across bottom and sides of pan. This allows egg mixture to cook. Continue until eggs are firm.

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