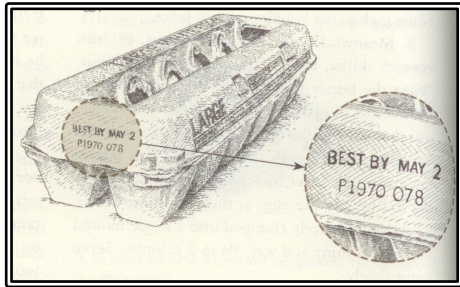




Cooking Eggcellent Eggs

- Eggs are great breakfast food, but they can be an part of *any* meal, especially if you're a vegetarian
- Eggs are quick to cook, inexpensive, and a great source of protein and other nutrients

Buying and Storing Eggs



- Egg cartons have a sell-by date printed on its side
- Eggs are still good up to **1 month** after the sell-by date
- There's no difference in taste between brown or white eggs, it's only a difference in the breed of chicken
- Don't store eggs in the door, the temperature tends to be warmer from opening and closing the door
 - Store eggs in the carton on the main top shelf

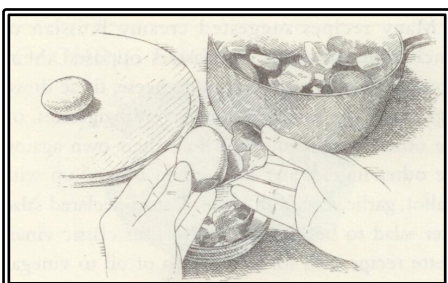
Hard Boiled Eggs

- Hard-boiled eggs are a great on-the-go food
- You can make a large batch to keep in the fridge (they keep for up to a week cooked)

Recipe: 1. Fill a pot about 2/3 full with cold water and add the egg(s) in the pot.

2. Bring water to a boil uncovered, and once boiling immediately turn off heat and cover.

3. Leave on the stovetop to sit for 10 minutes. Then plunge in ice water to stop the cooking. Peeling under running water helps the shell slip off easily



Fried and Scrambled Eggs

- A non-stick pan makes cooking eggs very easy
- Cooking on *low to medium heat* is the best way to keep the eggs tender and soft

Cooking fried eggs

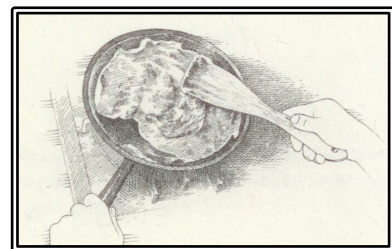
1. Put a pan on medium heat for about 1 min. Add cooking oil and swirl. Crack egg into pan. Once the whites start to turn white-colored, turn the heat to low.
2. Cook until all of the whites are firm. To speed things up, you can add a spoonful of water to the pan and immediately cover, steaming the tops.

Creamy Scrambled Eggs

- Very good scrambled eggs can be made in a hurry, as long as you **don't overcook them**
- To make them extra creamy you can: add milk, start with a cold pan, and take them off the heat while a little runny

Recipe: 1. Beat eggs lightly & mix with 1 tbsp of milk and 1 tbsp of cooking oil in a bowl.

2. Pour the egg mixture into a cold nonstick pan, and turn the heat to medium, stirring frequently and scraping the sides of the pan (a heatproof spatula works great here)



3. Lift and fold the eggs until curds form and they start to clump together. The eggs are done when still a little runny, they'll finish cooking from the residual heat from the pan and the rest of the eggs.

Super-quick scrambled eggs in the microwave!



Recipe: 2 eggs

2 Tbsp. milk

2 Tbsp shredded cheddar cheese (optional)

salt and pepper

1. Coat a 12-oz. microwave-safe coffee mug with cooking spray or a little oil rubbed with your fingers. Add eggs and milk; beat until blended.
2. Microwave on high 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer.
3. Season with salt & pepper. Top with cheese if desired.

Omelets

- Omelets are very versatile, and you can fill them with a variety of stuffings to make a quick meal
- Here you still want a non-stick pan, but you'll want higher heat (medium-high) to make a thin omelet crust to keep everything together

Recipe: 4 to 5 eggs

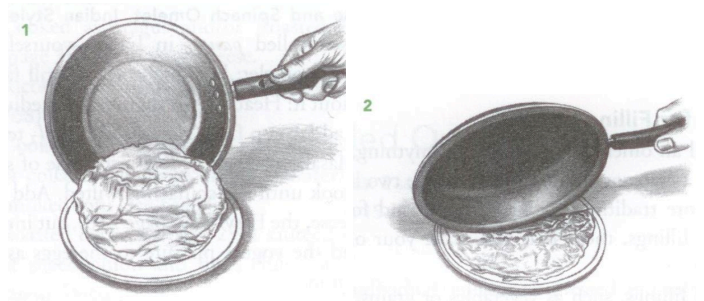
2 Tbsp. milk

salt and pepper

2 Tbsp olive or canola oil

Filling (see ideas below), if using

1. Beat eggs and add milk, salt and pepper.
2. Put a nonstick pan over medium-high heat and wait 1 minute. Add oil, swirl to coat pan, and pour in egg mixture.
3. Cook, undisturbed, for about 30 seconds
4. Use a rubber spatula to push the edges of the egg toward the center. As you do this, tip the pan to allow the uncooked eggs in the center to flow to the edges.
5. Repeat step 4 until the omelet is mostly cooked but still runny in the center, about 3 minutes.
6. Add filling, if using.
7. Slide omelet onto plate and with half of the omelet on the pan, fold over onto itself:



Ideas for Filling Omelets

- | |
|---|
| 1. Grated cheese |
| 2. Chopped fresh herbs, or dried Italian herbs |
| 3. Diced tomato or salsa with some rinsed canned black beans |
| 4. Sautéed mushrooms and onions (precook the filling) |
| 5. Ricotta cheese mixed with spaghetti sauce or pesto |
| 6. Asparagus and roasted red pepper |
| 7. Cooked spinach (you can thaw frozen spinach in the microwave), squeezed of excess water, with diced tofu |