

All About EGGS

What are the facts?

A substantial body of scientific research shows that dietary cholesterol has only a small effect on blood cholesterol and that the consumption of eggs, up to an intake of one egg per day, has no detectable effect on heart disease risk in healthy people.



- Experts no longer consider it necessary for healthy people to limit their intake of egg yolks to a specified number per week.
- Although specific recommendations for strict limitations on egg intake have been dropped, the American Heart Association still recommends that the intake of dietary cholesterol be limited to an average of no more than 300 mg/day.
- An egg a day fits within this limitation only if the individual's overall diet is otherwise low in cholesterol.
- Recent research (2003) indicates that egg eaters are more likely than non-egg eaters to have diets that provide adequate amounts of essential nutrients.
- Eggs are inexpensive, convenient, easy to prepare, and play an important role in a wide variety of recipes.
- It is possible to modify some aspects of the nutritional composition of eggs by feeding the hens special diets. Modified "designer" eggs containing increased amounts of omega-3 fatty acids and vitamin E are now on the market. Whether these modified eggs have special health benefits has **not** been established.
- Eggs need to be handled and prepared with care to ensure their microbiological safety. They should always be stored under refrigeration and cooked thoroughly. Recent coordinated efforts to improve food safety in the U.S. appear to have resulted in a decrease in foodborne illnesses, including the type associated with Salmonella in eggs. Despite this improvement, however, authorities still recommend that people refrain from consuming raw or undercooked eggs.

What's so special about ...?

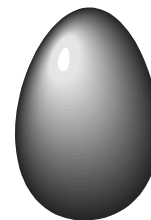
- **FERTILE EGGS:** Fertile eggs are eggs that can be incubated and developed into chicks. They are not more nutritious than other types of eggs, and they do not have a lower cholesterol content. Fertile eggs have no special advantage over other eggs. They do have two disadvantages since they don't keep as well as unfertilized eggs, and they cost more.
- **ORGANIC EGGS:** Organic eggs are eggs produced by hens fed "organic" feeds (i.e., grains grown without pesticides or commercial fertilizers) and raised without the use of medications. Organic eggs have the same nutrient content as other eggs, but they are more expensive because of higher production costs.
- **FREE-RANGE EGGS:** True free-range eggs are produced by hens raised outdoors or with daily access to the outdoors. This type of production is possible only on a seasonal basis in most parts of the U.S. The term "free-range" is sometimes used more loosely (and erroneously) to refer to eggs produced by hens raised indoors on an open floor rather than in cages. Free-range production (real or otherwise) does not affect the nutritional value or cholesterol level of eggs. It does increase their price, however.
- **BROWN EGGS VERSUS WHITE EGGS:** The breed of a hen determines the color of the egg's shell. Since most U.S. consumers prefer white eggs, most producers raise White Leghorn hens, which lay eggs with a white shell. Consumers in New England prefer brown-shelled eggs, so most producers there raise breeds such as the Rhode Island Red that produce brown shells. Shell color has nothing to do with egg quality, flavor, or nutritional value. The price of brown eggs is usually a bit higher than the price of white eggs because the brown-shell-producing breeds are larger birds with bigger appetites requiring more feed.

Are eggs an economical food?

Eggs are one of today's best food buys! They supply high-quality protein and a variety of important vitamins and minerals at a very low price. A dozen carton of large eggs weighs 1 1/2 pounds. So, the price for a pound of *large* eggs is 2/3 of the price per dozen. Or, when they are 90 cents a dozen, they're 60 cents a pound. *Use the 2/3 rule of thumb.* A serving of two eggs provides 30 percent of the U.S. Recommended Daily Allowance for protein.

Are eggs nutritious?

Yes! They contain all the vitamins, except vitamin C, and many important minerals. Egg protein is extremely high in quality, and eggs also contain other important nutrients such as choline and lecithin. The chart below shows the percentages of U.S. Recommended Daily Allowances of important nutrients supplied by eggs.



NUTRITION INFORMATION PER SERVING

Serving Size = 2 large eggs (108 gm edible portion)			
Calories	150		
Protein	13 gm		
Carbohydrates	1 gm		
Fat (Percent of Calories - 68%)	12 gm		
Polyunsaturated	1 gm		
Saturated	4 gm		
Sodium (130 mg/100 gm)	140 mg		
Percentage of U.S. Recommended Daily Allowances (U.S.RDA)			
Protein	30	Vitamin B ₆	6
Vitamin A	10	Folic Acid	15
Vitamin C	*	Vitamin B ₁₂	15
Thiamin	6	Phosphorus	20
Riboflavin	20	Iodine	35
Niacin	*	Zinc	10
Calcium	6	Biotin	8
Iron	10	Pantothenic Acid	15
Vitamin D	15	Copper	4
Vitamin E	6	Magnesium	4

*Contains less than 2% of U.S. RDA of these nutrients



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How long will eggs keep?

- **Fresh** shell eggs can be stored in their carton in the refrigerator for at least 4 to 5 weeks.
- It's best to **store eggs** in their cartons because eggs can absorb refrigerator odors.
- **Hard-cooked** eggs should be stored in the refrigerator as soon as they are cooled and should be used within **one week**.
- **Raw egg whites** will keep 7 to 10 days if refrigerated in a tightly covered container.
- Store **unbroken raw yolks**, covered with water, in a tightly covered container in the refrigerator and use within 2 to 3 days

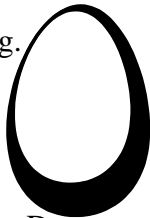
How old are these eggs?

Place the egg in the bottom of a bowl...

- If it lays on its side, it is fresh.
- If it stands at an angle, it is at least 3 days old.
- If it stands on its end, it is at least 10 days old.

What about cholesterol?

- One **large** egg contains about 215 mg. cholesterol. This is lower than they used to be due to new poultry feeding practices.
- Cholesterol has many roles in the body, such as the synthesis of vitamin D (technically known as chole-calciferol, indicating cholesterol in the compound).
- While cholesterol is important to health, it is not an essential component in the diet since the body can readily manufacture its own.
- Some scientists think that reducing cholesterol in the diet will help protect against heart disease; others with equal authority disagree.
- Research is underway to learn the truth about this scientific controversy.
- Those concerned about their blood cholesterol levels should follow the advice of their physicians.



Can eggs be frozen?

Yes, beaten whole eggs, whites and yolks can be frozen for up to one year successfully! Be aware, however, that *hard-cooked* whole eggs or hard-cooked whites become tough when frozen.



- To freeze **egg whites**, pour them into freezer containers, seal tightly, label with the number of whites, the date, and then freeze. If you like, first freeze each white in an ice cube tray, then transfer frozen cubes to freezer containers.
- **Egg yolks** require special treatment before freezing. When frozen, the gelation property of the yolk causes it to thicken or gel. To help retard this gelation, add either 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup for each 4 yolks or 2 whole eggs. Label containers with the number of yolks or whole eggs, the date and whether salt (for use with main dishes) or sweetener (for baking or desserts) has been added. The finished product may be somewhat thicker than it would be if made with fresh eggs.
- **Whole eggs** need to be beaten before freezing. Pour into containers label and freeze.
- Thaw **frozen eggs** overnight in the refrigerator or under running cold water. Use yolks or whole eggs as soon as they're thawed. Once thawed, whites will beat to better volume if allowed to sit at room temperature for about 30 minutes.
- **Hard-cooked yolks** can be frozen to be used later for toppings or garnishes. To cook them, carefully place the unbroken raw yolks in a saucepan; pour in water to cover 1-inch above the yolks. Cover the pan and bring to a boil. Remove the pan from the heat; let yolks stand covered in the hot water for 15 minutes. Drain well; package for freezing.
- Eggs **should not** be frozen in their shells.

How do I cook poached eggs?

Add one tablespoon of vinegar to the boiling water before poaching eggs. This helps set the egg whites so they do not spread in the pan.

How can I cut hard cooked eggs?

When cutting eggs into slices, the yolks sometimes smash. If the cutting knife has been dipped in water, it will cut the egg cleanly.

What causes blood spots?

Small spots of blood (sometimes also called "meat" spots) are occasionally found in an egg yolk. These do not indicate a fertile egg. They are caused by the rupture of a blood vessel on the yolk surface during formation of the egg. Only about 1 percent of all eggs produced have blood spots. Most eggs with blood spots are removed during the grading process, but a few may escape detection. As an egg ages, the yolk takes up water from the albumen which dilutes the blood spot. Therefore, a visible blood spot actually indicates that the egg is quite fresh. **These eggs are suitable for consumption both chemically and nutritionally.** The spot can be removed with the tip of a knife, if you wish.

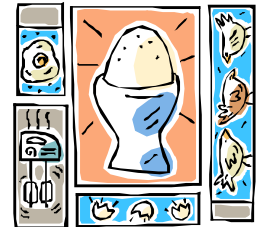
What can I use as a substitute?		
# Eggs	Gelatin and Water Amounts	
1 egg	1 tsp. gelatin + 3 T. cold water + 7 tsp. boiling water	
3 eggs	1 T. gelatin + ½ cup water + ½ cup boiling water	
<i>Directions:</i> Place cold water in mixing bowl; sprinkle with gelatin to soften and mix thoroughly. Add boiling water; stir until dissolved. Place in freezer to thicken. When ready to use mix until frothy, then add to recipe.		
# Eggs	Dried Whole Egg	Lukewarm Water
1	2 ½ tablespoons	2 ½ tablespoons
2	5 tablespoons	5 tablespoons
5	¾ cup	¾ cup
12	2 cups	2 cups
<i>Directions:</i> Sift dried whole egg; place in measuring spoon or cup. Level off with spatula. Put lukewarm water in a bowl; sprinkle with egg. Stir to moisten; whip until smooth.		
# Eggs	Dried Egg White	Lukewarm Water
1	2 teaspoons	2 tablespoons
2	4 teaspoons	¼ cup
<i>Directions:</i> Same as dried whole egg. Whip until stiff.		

Why do some hard-cooked eggs have discolored yolks?

This unsightly, but harmless, greenish or greyish ring where the yolk meets the white is the result of iron and sulfur compounds which form when eggs are overcooked. Eggs with this coloring are still wholesome and nutritious and their flavor is not affected. To avoid this, cook eggs correctly by following this method:

- 1) Put eggs in single layer in a saucepan. Add enough tap water to come at least 1 inch above the eggs.
- 2) Quickly bring eggs just to a boil; turn off heat. (If necessary, remove the pan from the burner to prevent further boiling.)
- 3) Place cover on pan; let eggs stand in hot water for 15 to 17 minutes for *large* eggs. Immediately run cold water over the eggs, or put them in ice water until they are completely cooled.

Why are some hard-cooked eggs difficult to peel?



Fresh eggs may be difficult to peel. Those which have been refrigerated for several days before cooking usually peel more easily.

To Help Make Peeling Easier...

- < Cool eggs immediately and thoroughly in cold water after cooking.
- < To remove the shell, crackle it by tapping gently all over.
- < Roll the egg between your hands to loosen the shell, then peel, starting at the large end.
- < Hold the egg under running cold water or dip it in a bowl of water to help ease off the shell.

**If you must use fresh eggs for hard cooking, let them stand at room temperature for a few hours before cooking.*

EGGScellent RECIPES

CLASSIC COOKED EGG NOG

6 eggs
 ¼ cup sugar
 ¼ teaspoon salt, optional
 Garnishes or stir-ins, optional

1 quart milk, divided
 1 teaspoon vanilla

In large saucepan, beat together eggs, sugar and salt; stir in 2 cups of the milk. Cook over low heat, stirring constantly, until mixture thickens and just coats a metal spoon; remove from heat. Stir in remaining 2 cups milk and vanilla; cover and refrigerate until thoroughly chilled. Just before serving, pour into bowl or pitcher; garnish if desired and serve.

HOLIDAY EGG NOG

4 eggs, beaten
 6 cups milk, scalded
 ⅛ teaspoon cinnamon
 ¼ teaspoon nutmeg
 1 package (3 oz) instant french vanilla pudding
 ⅓ cup sugar
 1 teaspoon rum extract
 ¼ teaspoon lemon extract
 1 teaspoon vanilla



Add eggs slowly to scalded milk; stir thoroughly and cool. Add the rest of the ingredients; mix well in blender. Keep refrigerated.

DUTCH BABY PANCAKES

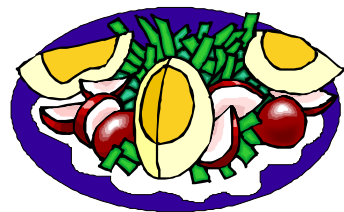
2 tablespoons margarine
 ¾ cup flour

3 eggs
 ¾ cup milk

Put margarine in 2-quart baking pan; place in 425 degrees F. oven to melt margarine. Combine the rest of the ingredients; blend on high until very light. Remove pan from oven; quickly pour the batter on top of melted margarine. Return to oven; bake 20-25 minutes or until puffy and lightly browned. Cut into pie shaped wedges to serve; top with syrup or powdered sugar. Serves 3.

DEVEILED EGGS

Following recipes make
 12 stuffed-egg halves ...



BASIC RECIPE:

6 hard cooked eggs
 ¼ cup mayonnaise *or*
 ¼ teaspoon salt salad dressing
 Dash pepper

Slice eggs in half lengthwise; gently remove yolks. Finely mash yolks with fork; add rest of the ingredients and mix well. Spoon into center of whites; serve. May also add **one** of the following to the *basic recipe* before spooning into whites.

- **Favorite** - Add 2 tablespoons sweet relish (drained well), ¼ teaspoon mustard and green onion to taste.
- **Shrimp** - Add 2 tablespoons finely chopped cooked shrimp and 2 tablespoons minced celery.
- **Dried Beef** - Omit mayonnaise and salt; add ¼ cup finely chopped dried beef, ¼ cup sour cream and ½ teaspoon bottled horseradish.
- **Ham-Olive** - Use only 2 tablespoons mayonnaise and omit salt; add 2 ¼ oz can deviled ham, and 3 tablespoons chopped ripe or green olives.
- **Tuna** - Add 3 tablespoons finely flaked tuna and 2 teaspoons lemon juice.
- **Avocado** - Add 1 tablespoon mashed avocado to yolk mixture; top with a slice of avocado.
- **Green Pepper** - Add 3 tablespoons minced green pepper and ¼ teaspoon cider vinegar.
- **Carrot/Raisin** - Add 2 tablespoons grated carrot, 1 tablespoon chopped raisins, ¼ teaspoon ground ginger and ¼ teaspoon sugar.
- **Nut** - Add ⅓ cup chopped walnuts or pecans.
- **Bacon/Cheese** - Add 1 tablespoon processed cheese spread; sprinkle each egg half w/bacon.

***Garnishes:** Small sprig parsley; slice of olive; wedge of cheese; slices of sweet pickle; bacon; mushrooms; shrimp; pecan half/almond; sliced unpeeled cucumber.

FAMOUS STRATA

8 slices dry bread
(cut in half)
½ pound bacon, cooked,
chopped
1 cup ham, chopped
2 cups cheese, grated
2 teaspoons green onions,
sliced
1 small can mushrooms, sliced
6 eggs, beaten well
3 cups milk
1 teaspoon salt
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce



Place bread in buttered 9x13" baking pan. Combine bacon, ham, cheese, onions and mushrooms; sprinkle over bread. Beat the rest of the ingredients; pour over top. Cover and refrigerate overnight. Uncover and bake at 350 degrees F. for 45 to 50 minutes until puffed, golden brown on top and the egg is thoroughly cooked.

GARLIC BREAD STRATA

4 cups day-old French bread (1-inch chunks)
6 tablespoons butter or margarine
¼ cup grated Parmesan cheese
½ teaspoon oregano leaves, crushed
½ teaspoon paprika
8 eggs
1 ½ cups milk
½ teaspoon salt

Place bread in greased 2-quart casserole or baking dish. In small saucepan over medium heat, melt butter. Add cheese, garlic, oregano and paprika; stir well. Pour over bread; toss lightly until evenly coated. In medium bowl, beat together remaining ingredients until well blended. Pour evenly over bread cubes. Bake in preheated 325 degrees F. oven for 45 to 50 minutes or until puffed, and knife inserted in center comes out clean. Serves 4.

AFTER THANKSGIVING STRATA

4 cups (8 oz) herb-seasoned stuffing cubes, *divided*
1 package (10 oz) frozen chopped broccoli, thawed,
drained
1 cup diced cooked turkey or chicken
½ cup (2 oz) Cheddar cheese
3 tablespoons green onions w/tops, chopped
6 eggs
1 ½ cups milk
2 tablespoons blanched almonds, sliced

Sprinkle 2 cups of stuffing cubes evenly over bottom of greased 8x8x2" baking dish. Layer broccoli, turkey, cheese and onions over cubes. Top with remaining cubes. In medium bowl, beat eggs and milk until well blended. Pour over mixture; sprinkle with almonds. Cover; refrigerate several hours or overnight. Uncover; bake in 350 degrees F. oven for 50 to 60 minutes until golden brown and knife inserted in center comes out clean. Serves 6.

BREAKFAST PIE



6 strips bacon, cooked,
crumbled (reserve 2
tablespoons drippings)
1 cup crushed corn flakes
6 eggs
½ cup milk
½ cup cottage cheese
1 green onion, chopped
½ teaspoon salt
⅛ teaspoon pepper
2 ½ cups frozen hash
browns (cubed)

Cook bacon; stir reserved bacon drippings into crushed cornflakes and set aside. Beat eggs and milk together. Stir in cottage cheese, shredded cheese, green onion, salt and pepper. Add hash browns and turn into greased pie plate. Top with bacon bits, and then sprinkle with cornflake mixture. Cover and refrigerate overnight. Uncover the next morning; bake at 325 degrees F. for 45 to 60 minutes. Serves 6.

THE INCREDIBLE SCRAMBLE

- 2 tablespoons butter
- ½ cup chopped onion
- ½ cup chopped green pepper
- 8 eggs
- ¼ cup milk
- 1 teaspoon seasoned salt
- ½ teaspoon basil leaves, crushed
- ¼ teaspoon pepper
- 1 package (3 oz) cream cheese
- 1 medium tomato, chopped



In 10-inch omelet pan or skillet over medium heat, cook onion and green pepper in butter until tender but not brown. Beat together eggs, milk and seasonings until blended; pour over vegetables. Add cheese and tomato; gently scramble. Serves 8.

CHILI OVEN OMELET

- 6 eggs *or* egg substitute* (equivalent to 6 eggs)
- 2 cans diced green chilies
- ½ cup chopped onion
- ½ cup chopped red pepper
- ¼ teaspoon pepper
- ½ cup milk
- 1 ½ cups grated skim milk mozzarella cheese
- 1 teaspoon dried crushed cilantro
- Lite sour cream and salsa

Lightly grease a 9x9 inch baking dish. Drain chilies and line bottom of baking dish with chilies. Sprinkle the chopped onion and red pepper on top of the chilies. In blender, combine eggs, milk and pepper; mix until well blended. Gently pour over chilies and red pepper/onion mixture. Sprinkle with grated cheese and cilantro. Bake at 375 degrees F. for 35 minutes or until set in center. Cool 10 minutes and cut; top with sour cream and salsa.

**Included in this bulletin*

FYI: *In the grading process, eggs are examined for both interior and exterior quality and are sorted according to weight (size). Grade quality and size are not related to one another. In descending order of quality, grades are AA, A and B. There is no difference in nutritive value between the different grades.*

DENVER QUICHE

- 4 oz fine egg noodles, cooked (apx 2 cups)
- 1 cup green peppers, finely chopped
- 3 tablespoons onions, chopped
- 1 tablespoon water
- 1 cup (4 oz) cooked lean ham, chopped
- 6 eggs
- 1 cup skim or low-fat milk
- 2 teaspoons prepared mustard

To form crust, press noodles over bottom and up sides of lightly greased, deep, 9-inch pie plate. In small covered saucepan over medium heat, cook peppers and onion in water until crisp-tender; stir in ham. Sprinkle evenly over noodle crust. Beat together eggs, milk and mustard until blended. Carefully pour over vegetables and ham. Bake in preheated 375 degrees F. oven for 30 to 40 minutes or until puffed in center and knife inserted near center comes out clean. Serves 6.

SAUCY LINGUINE SCRAMBLE

- 6 eggs
- ¼ cup milk
- ¼ cup taco sauce
- ¼ cup grated Parmesan cheese
- 1 tablespoon chopped tomatoes, dried
- 1 tsp. basil leaves *or* 1 T. chopped fresh basil leaves
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 3 cups hot cooked linguine, drained
- 2 small plum tomatoes, quartered, sliced
- 1 small zucchini, quartered, sliced
- ¼ cup sliced drained pitted ripe olives



In medium bowl, beat together eggs, milk, taco sauce, cheese, tomatoes and seasonings until well blended. In 10-inch omelet pan or skillet, stir together egg mixture and linguine. Cook over medium heat, tossing gently until eggs begin to thicken (about 10 minutes). Add tomatoes, zucchini and olives. Toss gently until eggs are thickened, but still moist (about 3 minutes). Garnish with fresh basil leaves, if desired. Serves 4.

BASIC CREPES

3 eggs 3 tablespoons butter, melted
½ cup milk ¾ cup flour
½ cup water ½ teaspoon salt

Combine eggs, milk, water and butter in mixing bowl; beat until combined. Add flour and salt; beat until smooth. Refrigerate batter 1 hour.

To Bake: Heat non-stick pan until just hot enough to sizzle a drop of water; brush lightly with melted butter. For each crepe, pour in just enough batter to cover bottom of pan; tilt pan to move batter quickly over bottom. Pour off any excess batter. Cook until lightly browned on bottom and dry on top. Remove from pan or, if desired, turn and brown other side.

Crepe Variations:

- **Parmesan** - add ¼ cup grated Parmesan to batter. Stir frequently to keep cheese distributed in batter.
- **Herbed** - add ½ teaspoon dried dill weed.
- **Cornmeal** - reduce flour to ¼ cup and add ½ cup cornmeal and ¼ teaspoon cayenne pepper.
- **Whole Wheat** - substitute whole wheat flour for the all-purpose flour.

HAM & ASPARAGUS CREPES

12 crepes 1 tsp. Worcestershire sauce
2 tablespoons butter ¼ teaspoon hot pepper sauce
¼ cup chopped onion 4 hard-cooked eggs, chopped
¼ tsp. curry powder 12 thin slices cooked ham
2 tablespoons flour 1 ½ lbs. fresh asparagus,
¼ teaspoon salt cooked crisp tender, drained
1 ½ cups milk

In small saucepan, melt butter; add onion and curry and cook over medium heat about 5 minutes or until onion is tender. Blend in flour and salt; cook and stir until smooth and bubbly. Stir in milk, Worcestershire sauce and hot pepper sauce. Cook and stir until mixture boils and is smooth and thickened. Stir in chopped eggs (reserve 1 egg); cover and remove from heat. Place one ham slice and two asparagus spears on each crepe. Roll up and arrange, seam-side down in 9x13" baking pan. Spoon sauce over crepes; top with remaining egg (cut in wedges). Bake in preheated 350 degrees F. oven 15-20 minutes; serve immediately. Serves 6.

STUFFED POTATO FRITTATA

2 cups diced fresh potatoes ½ cup milk
2 cups diced fresh broccoli ½ teaspoon salt
½ cup chopped onion ¼ teaspoon pepper
¼ cup water ¼ cup shredded
8 eggs Cheddar cheese, opt.

In 10-inch omelet pan or skillet, combine potatoes, broccoli, onion and water. Cover and cook over medium heat until potatoes are tender, about 15 minutes. Uncover and, if necessary, cook until water is evaporated; reduce heat to low. Meanwhile, beat together eggs, milk and seasonings until blended; pour over vegetables. Cover and cook until eggs are almost set, about 15 minutes; remove from heat. Sprinkle with cheese, if desired. Cover and let stand until eggs are completely set and cheese is melted, about 3-5 minutes. Serves 4.

DUMPLINGS

2 cups milk 1 cup flour
1 teaspoon salt 4 eggs

Bring milk and salt to boil over medium heat; sift flour into milk stirring rapidly (try to avoid lumps). Cook and stir until mixture leaves sides of pan and forms a ball; remove from heat. Place in a bowl; cover tightly and allow to cool. When cool, beat in eggs one at a time with a fork. Make sure batter is smooth before adding the next egg. Bring soup to a slow boil; drop batter by teaspoonful. Cover pan; allow dumplings to simmer for 10 minutes until light and fluffy. Serve immediately.

EGG DROP SOUP

2 cans (14 oz) chicken broth
1 teaspoon salt
Dash pepper
1 green onion with top, sliced
2 eggs, slightly beaten



Heat broth, salt and pepper to a rolling boil in medium saucepan over high heat. Stir green onion into eggs; pour egg mixture slowly into broth (stir constantly with a fork until egg forms threads). *If broth is not heated to a rolling boil, egg will not form threads. Serves 4.

EGG-TORTILLA SOUP

1 can (29 oz) chicken broth
1 can (16 oz) tomatoes, undrained
1 can (15.75 oz) chili beans in sauce
1 can (4 oz) chopped green chilies
½ cup chopped onion
1 clove garlic, minced
2 teaspoons red wine vinegar
¼ teaspoon red pepper
1 tablespoon butter
6 eggs
⅓ cup water
⅓ cup Monterey Jack cheese, grated



In large saucepan, combine broth, tomatoes, beans, chilies, onion, garlic, vinegar and pepper. Bring to a boil, stirring to break apart tomatoes. Reduce heat and simmer 15 minutes. Meanwhile, in 10-inch omelet pan or skillet over medium heat, heat butter until just hot enough to sizzle a drop of water. Beat together eggs and water; pour into pan. Cover and cook over low heat until eggs are set, about 12-15 minutes. Remove from heat. Let stand until cool enough to slice into ½-inch strips. Cut strips into 1-2 inch lengths. Ladle about 1 cup of the soup into each of 6 bowls. Top each with ½ cup of the egg strips and a scant tablespoon of the cheese; serve immediately. Serves 6.

EGG FOO YONG

1 can (10 ¾ oz) cream mushroom soup, <i>divided</i>	½ cup celery
3 eggs, slightly beaten	½ cup water chestnuts
Pepper to taste	¼ cup water
¾ cup cooked chicken	2 teaspoons soy sauce
½ cup bean sprouts	1 teaspoon sugar
½ cup green onion	1 teaspoon vinegar

In bowl, blend ¼ cup of the soup, eggs, and pepper. Add chopped chicken and vegetables, mix well. For each pattie, spoon 1/3 cup egg mixture into hot, lightly greased skillet. Cook until golden brown on each side. Add additional oil as necessary. In sauce pan, combine remaining soup, water, soy sauce, sugar and vinegar. Heat, stirring occasionally. Spoon sauce on top of each pattie before serving. Serves 4-6.

PARMESAN EGG SALAD SANDWICH

6 hard boiled eggs	¼ teaspoon salt
2 stalks celery	1 tomato, sliced
½ onion	4 lettuce leaves
½ cup salad dressing	8 slices bread
2 tsp. Parmesan cheese	

Place the eggs, celery, onion, salad dressing, cheese, and salt into food processor. Pulsate food processor until ingredients are well mixed and coarsely chopped (do not over-process). Spread 1tablespoon egg salad on a slice of bread, add 2 tomato slices, a leaf of lettuce and top with an additional bread slice.

CATALINA COMBO SANDWICH

30 large hard-cooked eggs, peeled and diced
1 pound small cooked shrimp, peeled and deveined
1 cup finely chopped celery
2 to 2 ½ cups mayonnaise
¾ cup plain yogurt
2 teaspoons lemon juice
¼ cup fresh cilantro, chopped
¼ cup capers
Salt and pepper to taste
24 (1-inch thick) slices bread, toasted
12 small ripe avocados, peeled, fanned
Cilantro sprigs

In a large bowl, combine eggs, shrimp and celery. In second bowl, blend mayonnaise, yogurt, lemon juice, cilantro, capers, salt and pepper. Stir into egg mixture. Cut each slice of toast in half diagonally. On serving plate, arrange two half slices of bread (facing in same direction) slightly separated. Top with egg mixture among plates. Top each with avocado fan and cilantro sprigs. Serve with seasonal fruit, if desired. Serves 12.

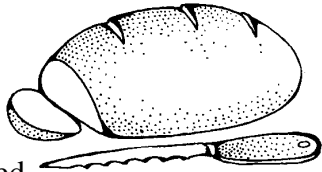
FYI:

Cosmetic Use - Egg white has long been used as a facial. Egg yolk is used in shampoos and conditioners.

Medical and Pharmaceutical Use - Fertile eggs are used to manufacture many vaccines, as a source of purified proteins and as an aid in the preservation of bull semen for artificial insemination.

EGGLICIOUS SANDWICHES

- 1 unsliced loaf (1 lb.) French bread
- 4 tablespoons butter or margarine, *divided*
- 2 tablespoons mayonnaise
- 2 tablespoons honey mustard
- 4 thin slices of deli ham
- 4 thin slices deli turkey
- 4 strips fried bacon
- 1 large tomato, sliced
- 1 small onion, thinly sliced
- 8 eggs, lightly beaten
- 4 slices Cheddar cheese
- 4 Slices Pepper Jack cheese



Cut bread in half lengthwise; carefully hollow out top and bottom, leaving ½-inch thick shells (discard removed bread or save for other use). Spread 3 tablespoons of butter and all of the mayonnaise inside bread shells. Line bottom bread shell with ham, turkey, and bacon. Top with tomato, onion and honey mustard. In a skillet, melt remaining butter; add eggs. Cook over medium heat, stirring occasionally until eggs are almost set. Spoon into bottom bread shell; top with cheeses. Cover with bread top; wrap in greased foil. Bake at 375 degrees F. for 15 - 20 minutes or until heated through. Cut into serving size pieces.

EGG-PASTA SALAD

- 1 cup (8 oz) sour cream
- 1 can (4 oz) diced green chilies
- 1 teaspoon ground cumin
- 9 lasagna noodles, cooked, drained, *divided*
- 1 can (12 oz) Mexican-style corn, drained, *divided*
- 4 cups shredded lettuce, *divided*
- 1 jar (16 oz) salsa, *divided*
- 12 hard-cooked eggs, *sliced*, *divided*
- 1 cup (4 oz) shredded Monterey Jack cheese, *divided*

Combine sour cream, chilies and cumin. Place 3 noodles on bottom of 9x13" pan; layer with ½ cup corn, 1 ½ cups lettuce, ¾ cup salsa, 5 eggs and ½ cup cheese. Repeat layers substituting sour cream for salsa. Repeat again with remaining ingredients, using ¾ cup salsa and remaining 2 eggs. Dollop top with salsa; refrigerate and chill before serving. Serves 12.

EGG QUESADILLAS

- 3 green onions, chopped
- ½ cup tomato, chopped
- ½ cup green pepper, chopped
- ¼ cup fresh cilantro, chopped
- ¼ pound bacon, cut into small pieces
- 4 eggs, beaten
- 2 tablespoons powdered sugar
- 1 tablespoon fajita seasoning
- 10 flour tortilla shells (6-inch)
- 1 package (12 oz) Pepper Jack cheese, shredded
- 1 carton (8 oz) sour cream (garnish)
- Thin sliced green or red bell pepper (garnish)

Preheat oven to 375 degrees F. In a bowl, combine all chopped vegetables and cilantro and set aside. In a nonstick frying pan cook bacon on medium heat for 5 minutes. While bacon is frying, combine eggs, powdered sugar, and fajita seasoning in a separate bowl; mix thoroughly. When bacon has finished cooking, empty the grease from the pan. Add egg mixture to the bacon and cook until eggs are set. On an ungreased cookie sheet lay 5 tortilla shells flat. Evenly distribute half of the cheese on the tortilla shells; top with vegetable mixture and the egg and bacon mixture. Top tortillas with remaining tortillas and cheese (like a sandwich). Place in oven for 5 minutes; remove, cut, and garnish with sour cream and sliced peppers.

BEET-PICKLED EGGS

- 1 can (16 oz) sliced beets
- 1 ¾ cups distilled vinegar
- 1 cup sugar
- 1 ½ tablespoons whole allspice
- 1 stick cinnamon, halved
- 8 hard-cooked eggs



Drain beets, reserving juice. Set beets aside for another use. In medium saucepan, stir together reserved beet juice, vinegar, sugar and spices. Bring to a boil, stirring until sugar is dissolved. Reduce heat and simmer 5 minutes. Place eggs in 1-quart jar with tight-fitting lid. Pour hot mixture over eggs; cover tightly. Allow to cool at room temperature 1 hour. Refrigerate to blend flavors at least several hours or up to several weeks.

EGG SUBSTITUTE (1/4 cup = 1 whole egg)

1 cup water
1 cup nonfat dry milk
16 large egg whites*
1 teaspoon salt
6 drops yellow food coloring

Combine all ingredients in blender; mix well. Stores up to one week in refrigerator. It also freezes well. For microwave cooking, spray shallow microwave dish with vegetable spray. Pour in 1/2 cup per person. For 1 cup of eggs, microwave on high 1 minute, then on medium high for 1 minute, stirring occasionally for soft eggs.

* If using 16 *medium* eggs, reduce water and dry milk to 3/4 cup each.

EGG EQUIVALENTS		
<i>1 whole egg equals...</i>		
2 egg yolks	2 egg whites	3 T. thawed frozen egg
<i>1 cup egg whites = 8-10 whites</i>		
<i>1 egg white equals...</i>	2 teaspoons dried + 2 tablespoons water	2 tablespoons thawed frozen egg whites

EGGS-TREMELY GOOD DIP

1 1/2 tablespoons lemon juice
1 tablespoon onion juice
2 teaspoons mustard
1/2 cup mayonnaise
1/4 teaspoon hot sauce
6 hard-cooked eggs
1/2 teaspoon seasoned salt
Dash white pepper
1 package (4 oz) pimento cream cheese, whipped
Parsley to garnish

In a mixer or blender combine juices, mustard, mayonnaise and hot sauce. Add eggs one at a time, beating after each addition, until light and fluffy. Beat in salt, pepper and cream cheese. Spoon into chilled bowl; top with chopped parsley. Serve with assorted chips, crackers or raw vegetable sticks. Makes 2 cups.

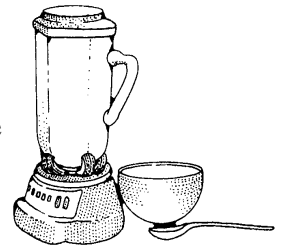
BASIC EGG CUSTARD

2 eggs
2 tablespoons sugar
1 cup milk
1/8 teaspoon salt
1/2 teaspoon vanilla

Beat eggs and sugar together; add milk. Cook in a double boiler over boiling water stirring constantly until custard coats the spoon. Remove from heat; add salt and vanilla. Stir well; cool in refrigerator. ***Oven Method:** Beat eggs and sugar together; add rest of the ingredients. Mix thoroughly; pour into buttered baking dish or individual custard cups. Place in shallow pan of water; bake at 350 degrees F. until tip of knife inserted in center comes out clean. Eat warm or cool in the refrigerator.

SOUTH AMERICAN FLAN

1 can (14 oz) sweetened condensed milk
1 can (12 oz) evaporated milk
1 package (4 oz) cream cheese
3 eggs
1 tablespoon vanilla
1 cup sugar



In a blender, combine milks, cream cheese, eggs and vanilla; blend until well mixed. Sprinkle sugar over bottom of a heavy frying pan. Place over low heat and cook, stirring constantly, until sugar melts and starts to turn brown (sugar burns easily-watch carefully). Pour caramelized sugar into a 9-inch non-stick round cake pan, tilting pan to coat bottom completely. Carefully pour egg mixture over top. Place in larger pan that has 1-2 inches of water added. Bake at 300 degrees F. for 35 to 50 minutes or until sides are firm and top is lightly browned. Let cool; flip pan upside down onto a plate to serve. Serves 6.

WORD OF CAUTION: The USDA recently advised against the use of eggs in foods where the product is not cooked, such as "mousse" type desserts, drinks, ice cream, or chiffon pies. Also, avoid foods where eggs are only slightly cooked. **This recommendation is due to the possibility of contamination with salmonella.**

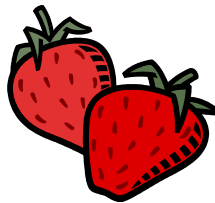
CHOCOLATE CREME PUFF DESSERT

¼ cup margarine
1 cup water
1 cup flour
4 eggs
1 package (6 oz) instant vanilla pudding
3 cups milk
1 package (8oz) cream cheese, softened
1 carton (8oz) whipped topping
Chocolate syrup

Bring margarine and water to a boil. Blend in flour, beating until it forms a ball. Add eggs one at a time and beat well. Spread mixture into a greased 9x13" glass pan; bake at 400 degrees F. for 40 minutes. Cool crust. Mix pudding, milk and cream cheese together; spread over cooled crust. Top with whipped topping; drizzle chocolate syrup over the top. Keep refrigerated.

STRAWBERRY YOGURT POUND CAKE

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
½ cup butter, softened
1 cup sugar
4 eggs
1 carton (6 oz) strawberry low-fat yogurt
¼ teaspoon almond extract



Stir together flour, baking powder and salt; set aside. In large bowl, beat butter and sugar at medium speed until light and frothy. Thoroughly blend in egg, yogurt and almond extract. Add flour mixture ½ cup at a time beating on low speed just until blended. Pour into greased and floured 9x5x3 loaf pan. Bake in preheated 350 degrees F. oven for about 70 minutes until cake tester inserted near center of loaf comes out clean. Cool on wire rack for 10 minutes. Remove from pan and cool completely.



HEAVENLY CHOCOLATE MINT CAKE

⅔ cup flour
1 ½ cups sugar, divided
⅓ cup cocoa
¼ teaspoon salt
12 egg whites
2 teaspoons vanilla
1 ½ tsp. cream of tartar
Creamy Mint Glaze

Creamy Mint Glaze
¾ cup powdered sugar
¼ teaspoon mint extract
1 tablespoon milk

Stir all ingredients together until well blended. Add more milk to make mixture thin enough to drizzle over cake.

Sift together flour, ¾ cup of the sugar, cocoa, and salt; set aside. In a large mixing bowl, beat egg whites with vanilla and cream of tartar at high speed until foamy. Add remaining sugar, 2 tablespoons at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. Sift about ¼ cup of the reserve flour mixture over egg whites and gently fold just until flour disappears. Repeat, folding in remaining flour mixture, ¼ cup at a time. Pour into ungreased 10x4-inch tube pan. Gently cut through batter with a metal spatula. Bake in preheated 400 degrees F. oven until top springs back when touched lightly with fingers, about 30 minutes. Invert cake in pan on funnel or bottle neck. Cool completely, about 1 ½ hours. Loosen cake from pan with narrow spatula or knife; place serving plate on top and invert cake. Drizzle with *Creamy Mint Glaze*.

FRUIT-TOPPED BLINTZES

9 eggs
1 cup all-purpose flour
¼ cup cornstarch
⅓ teaspoon salt
3 cups milk

Filling:
2 packages (8 oz) cream cheese, softened
½ cup powdered sugar

In a bowl, beat eggs. Add flour, cornstarch, and salt; stir until smooth. Stir in milk; pour ⅓ cup batter into a lightly-greased hot 8-inch skillet. Cook over medium heat until set and lightly browned; flip and cook for 1 more minute. Keep in a warm oven, covered with paper towels. Repeat with remaining batter. Combine cream cheese and powdered sugar. Place about 2 tablespoons *filling* in center of each blintz; overlap sides and ends on top of filling. Place folded side down. Top with pureed berries; whipped cream and fresh berries if desired.