

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

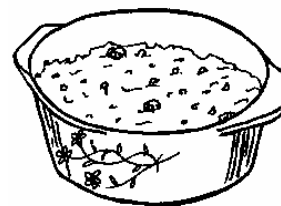
## EGGS Are An "EGG"citing Food

- Eggs are cheap, high in protein and cholesterol.
- One egg can be considered as a 1 ounce equivalent from the meat and beans group.
- One whole egg contains between 213 - 220 mg of cholesterol. Have less than 300 mg of cholesterol in your diet each day.
- Check the “**Sell-by**” or “**EXPIRATION**” date on egg cartons. Purchase the eggs before this date. You may store the fresh eggs in their carton in the refrigerator for 3-5 weeks.



### **Egg and Vegetable Casserole** Serves 6 (1/2 cup)

2 cups mixed vegetables, cooked (or canned, drained)  
6 eggs, hard-cooked, coarsely chopped  
1/4 cup finely chopped onion  
1 can (10 1/2 oz.) cream mushroom, celery, or chicken soup  
1/2 tsp. salt (if desired)  
1/4 cup shredded wheat, crushed or cracker crumbs  
1 cup reduced fat shredded cheese



1. Preheat oven to 350° F. Grease a 1-quart casserole.
2. Combine vegetables, eggs, onion, soup, and salt.
3. Pour into casserole. Toss crushed, shredded wheat and cheese together. Sprinkle over casserole.
4. Bake 30 minutes, or until bubbling hot.

**NUTRITION FACTS (per serving)** - Calories 220 ~ fat 13 g ~ calories from fat 120 ~ sodium 510 mg ~ total carbohydrate 13 g ~ fiber 2 g

**Tip of the month:** Eggs are cheap. A dozen large eggs weighs about 1-1/2 pounds, so at 90¢ a dozen, eggs are only 60¢ per pound.

**Meatballs** Serves 6 (Makes 12 meatballs)

1 small onion, chopped	1/4 tsp. pepper
1 lb. lean ground beef	1 cup tomato sauce
1/2 cup rolled oats	1/4 cup brown sugar, packed
1 egg	2 Tbsp. prepared mustard
1/2 tsp. salt	

1. Mix onion, ground beef, oats, egg, salt, and pepper.
2. Shape into 12 meatballs.
3. Cook in skillet until browned on all sides.
4. In a small pan mix tomato sauce, brown sugar and mustard.
5. Cook slowly for 10 minutes. Pour over meatballs.



**NUTRITION FACTS (per serving) - Calories 240 ~ fat 12 g ~ calories from fat 110 ~ sodium 550 mg ~ total carbohydrate 18 g ~ fiber 2 g**

## Go With Oats

**Oats are nutritious whole grains and a great source of fiber.**

**Add oats to your diet:**

- Use oats to thicken soups and stews.
- Serve hot oatmeal topped with fruit for breakfast.
- Substitute oats for 1/3 of the flour in breads, cakes, cookies, or muffins
- Use oats in place of breadcrumbs or crackers in meatloaf and meatballs.

