

WELLNESS

WAYS



Ideas For Eating Better For Less

Eggs are "EGG"citing But Handle With Care



- Keep eggs in their original cartons and store in the refrigerator.
- Don't wash eggs.
- Wash hands, utensils, and work areas with hot, soapy water before and after handling eggs.
- Don't keep eggs out of the refrigerator more than 2 hours.
- Use raw eggs in their shell within 3 to 5 weeks of purchasing them.
- Foods prepared with eggs need to be cooked immediately. Hard cooked eggs must be refrigerated within 2 hours. Hard-cooked eggs will keep refrigerated one week.
- Serve cooked eggs or dishes containing eggs immediately after cooking. Use leftovers within 3 to 4 days.

Southwest Scrambled Eggs Serves 3.

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| 1 tsp. vegetable oil | 6 large eggs |
| 1 small tomato, finely chopped | 1 Tbsp. salsa or picante sauce |
| 1 Tbsp. onion, finely chopped | Pepper to taste |
| 1 Tbsp. green pepper, finely chopped | 1 Tbsp. minced cilantro or 1 tsp. dried parsley |



1. In a large skillet heat oil over medium-high heat. Sauté tomato, onions and green pepper until soft. Reduce heat to low.
2. In a bowl combine egg, salsa or picante sauce and pepper. Beat well.
3. Add egg mixture to sautéed vegetables in skillet. Cook over low heat until almost set. Stir occasionally.
4. Add cilantro or parsley and stir. Cook until eggs are fully set.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 12 g ~ calories from fat 100 ~ sodium 170 mg ~ total carbohydrate 3 g ~ fiber 1

Egg On A Blanket Serves 1.

- 1 large egg
- 1 tsp. finely chopped vegetables (onion, green pepper, green chile, etc.), optional
- 1 slice of whole-grain toast or tortilla
- 1 Tbsp. grated/shredded cheese
- 1 tsp. salsa, optional



1. Break the egg into a small, greased microwave-safe cup or dish. Pierce egg yolk gently with a knife.
2. Cover dish lightly with microwave plastic wrap or paper towel.
3. Microwave for 30 seconds on MEDIUM power (50%). Remove from microwave.
4. Sprinkle egg with vegetables of choice. Cover and finish cooking egg on MEDIUM power (50%). Check egg every 15 seconds until egg is completely solid.
5. Serve on whole-grain toast or tortilla. Top with cheese and salsa.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 8 g ~ calories from fat 70 ~ sodium 290 mg ~ total carbohydrate 14g ~ fiber 2 g

Hard-cooked EGGs

1. Wash hands before handling eggs to help prevent eggs from coming in contact with bacteria.
2. Wash work area, utensils or other objects that may have contact with the eggs.
3. Choose only unbroken eggs.
4. Put **unbroken** eggs in a single layer in pan. Cover eggs with **cold** water (this helps prevent cracking) so water is at least one inch above eggs. Heat to boiling.
5. Turn heat off and, if necessary, remove from burner to prevent further boiling. Cover pan and let eggs set in hot water for 20 minutes.
6. Quickly run cold water over cooked eggs until cool. Store eggs in refrigerator.



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