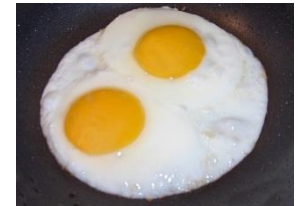


MAY: EGGS

May is **National Egg Month!** Nutrition powerhouses, eggs are a *very* affordable food that can be eaten any time of the day, some people even dedicate one evening a week as a “healthy egg supper night!”

CHECK OUT SOME VARIETIES OF EGGS DESCRIBED BELOW!

Eggs are a naturally nutrient-dense food, which means they have a high proportion of nutrients to calories. One large **egg** has *only* 72 calories and provides 13 essential nutrients! Eggs provide the highest quality protein found in any food because they provide *all* the essential amino acids our bodies need. In fact, one **egg** provides 6 grams of protein, or 12% of the *Recommended Daily Value*. Many of an **egg's** nutrients, including almost half of the high-quality protein and healthy monosaturated and polyunsaturated fats, are found in the **egg** yolk. So be sure to eat this super-nutritious colorful center of the egg!



Interesting Egg Facts

- Nobody really knows when the first bird began laying **eggs** for humans to eat. Some historians believe that the date could be as early 3200 B.C, which is more than 5,000 years ago! Historical documents from Egypt and China show that birds may have laid **eggs** for people to eat as early as 1400 B.C. It is also believed that the first **egg**-laying chickens came to America during the voyages of Christopher Columbus in the 1400's.
- Sizes of **eggs** are classified according to ounces per dozen:

Jumbo	Extra Large	Large	Medium	Small	Peewee
30 oz.	27 oz.	24 oz.	21 oz.	18 oz.	15 oz.



- There is no nutritional difference between brown and white shelled **eggs**. Shell color is determined by the breed of the hen (female chicken) and is not related to quality, nutrients, flavor or cooking characteristics. Because birds that lay brown **eggs** are slightly larger than those that lay white eggs, brown **eggs** are usually more expensive than white.

Adapted from: <http://www.aeb.org/LearnMore/Eggcyclopedia.htm>

Eggs Tips!

- To make deviled **eggs**, peel and then cut hard-boiled eggs in half. Remove the hard yellow yolk and mix it with reduced-fat mayonnaise and seasonings (such as salt, pepper, paprika, relish, mustard, and/or finely chopped onions). Then, place mixture back into the whites.
- For an extra kick to scrambled **eggs**, add shredded mozzarella or cheddar cheese, some finely chopped onion, and/or some chopped peppers!
- For a quick and easy breakfast, make a vegetable **egg** omelet with slightly sautéed tomatoes, spinach, and green peppers.
- Keep hard boiled **eggs** ready in the fridge for a quick, peel-and-eat, nutrient-packed snack for your family.

Eggs Recipe!

WHOLE GRAIN BREAKFAST BURRITO – A QUICK AND HEALTHY BREAKFAST!

Makes 4 servings

Ingredients

- ½ lb. extra lean ground turkey breast
- ½ pkg. taco seasoning mix
- 8 **eggs**
- ½ cup salsa
- ½ cup reduced-fat cheddar cheese
- 4 small whole wheat tortillas

Brown lean ground turkey in non-stick skillet over medium heat until turkey is no longer pink. Add taco seasoning and follow package directions, using ½ the amount of water listed on the package instructions. Gently whisk eggs in small mixing bowl, and then pour over turkey mixture in skillet. As eggs begin to set/cook, mix gently to “scramble” the mixture. Continue to cook mixture until eggs are thickened throughout, but still moist. Gently mix in salsa and reduced fat cheese. Heat until cheese is melted. Spread turkey and egg mixture in the center of the whole wheat tortillas and then wrap to make a burrito.

Eggs Recipes!

HARD COOKED/BOILED EGGS

1. Place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover. Bring just to boiling, turn off heat and remove pan from burner to prevent further boiling.
2. Leave eggs covered, in the hot water, about 15 minutes for large eggs (12 mins for medium, 18 for extra large).
3. Run cold water over eggs or place them in ice water until completely cooled.

PAN-COOKED FRIED EGGS

1. For 1-2 servings, heat cooking spray in skillet over medium-high heat, until hot enough to sizzle a drop of water.
2. Break and place 2 eggs into pan. Immediately reduce heat to low.
3. Cook slowly until whites are completely cooked (they will be bright white in color) and yolks begin to thicken but are not hard. Flip eggs if desired to make eggs over easy.

SCRAMBLED EGGS

1. For 1 to 2 servings, in small bowl, beat together 2 eggs, 2 tablespoons skim or 1% fat-free milk (optional), and salt and pepper, to taste.
2. Heat cooking spray in skillet over medium heat, until hot enough to sizzle a drop of water. Pour in eggs.
3. As eggs begin to firm, gently move eggs around in pan to fully cook eggs using a spatula or flipper.
4. Continue cooking until eggs are thickened.

Make your scrambled eggs dirty! Try adding some (or all!) of the following items to your scramble:

- Cooked, chopped sausage
- Sautéed onions and/or peppers
- A bit of any type of cheese
- Sautéed spinach