

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Vol. 7, Issue 2
Spring 2005

"Egg-citing Eggs"

Eggs are easy to use, low in cost and nutritious. Here are some easy recipe ideas to try.



Bunsteads

- 1 (6 oz.) water pack canned tuna, drained
- 3 hard-cooked eggs, chopped
- ½ cup finely chopped celery
- 2 Tablespoons sweet pickle relish
- 4 oz. (about 6 slices) American cheese, chopped
- 1 Tablespoon chopped onion
- ½ cup low-fat mayonnaise
- 6 to 7 hamburger or hotdog buns

In mixing bowl, combine drained tuna, eggs, celery, onion, relish, mayonnaise, and cheese. Spoon mixture into split hamburger buns. Wrap each bun in foil. Place in slow cooker. Cover and heat on low for 2 to 2½ hours or bake at 350° for 30 minutes or until cheese melts. Refrigerate leftovers.

Yield: 14 servings (150 calories, 7 grams fat, 55 mg cholesterol, 390 mg sodium)

Cheese Strata

- 8 slices whole wheat bread
- 1 cup shredded cheddar cheese
- 6 egg whites (or egg substitute equal to 4 eggs - 1 cup)
- 2 cups fat free milk
- Nutmeg (optional)



Layer bread and cheese in lightly oiled 3 quart casserole. Beat eggs and milk and sprinkle with nutmeg. Pour over bread/cheese mixture. Let stand in refrigerator at least 30 minutes. Bake at 350° for 40-50 minutes, or until knife inserted in center comes out clean. Refrigerate leftovers.

Yield: 10 servings (130 calories, 5 grams fat, 15 mg cholesterol, 240 mg sodium)

Cholesterol-Free Egg Substitute

- 3 egg whites
- ¼ cup fat free milk
- 1 Tablespoon non-fat dry milk crystals
- 1 teaspoon canola or vegetable oil

Beat egg whites with fork. Add remaining ingredients and beat until thoroughly blended. Refrigerate and use within 2-3 days.

Yield: 6 Tablespoons (equal to 2 whole eggs or ½ cup egg substitute) (60 calories, 2 grams fat, 0 mg cholesterol, 110 mg sodium)



Spinach Squares

- 2 eggs (or 1/2 cup egg substitute)*
- 1/2 cup fat free milk
- 1/2 cup flour
- 1/4 teaspoon baking powder
- 1 package (10 ounce) frozen spinach (thawed and drained)
- 8 ounces low-fat Monterey Jack cheese
- 1/8 cup diced onion

Thaw frozen spinach (microwave for 1-2 minutes). Drain well. Shred cheese. Dice the onion. In a bowl, beat eggs and milk. Mix dry ingredients and add to milk mixture. Stir. Then add spinach, cheese, and onion. Pour into lightly oiled 8" x 8" square pan or medium casserole dish. Bake at 350°F for 20-30 minutes* or until knife inserted in center comes out clean. Let cool 15-20 minutes. Cut into squares and serve. Refrigerate leftovers.

Yield: 8 servings *(140 calories, 6 grams fat, 20 mg cholesterol, 280 mg sodium)

Note: Recipe can be doubled and baked in 9" x 13" pan for 30 - 40 minutes.

Impossible Ham and Swiss Quiche

- 1-1/2 cups diced ham
- 1 cup shredded Swiss cheese
- 1/3 cup chopped onion
- 2 cups fat free milk
- 4 eggs (or 1 cup egg substitute)*
- 1 cup Master Mix or biscuit mix
- 1/8 teaspoon pepper

Heat oven to 375°. Lightly oil 10" pie plate. Sprinkle ham, cheese and onion in plate. Beat remaining ingredients until smooth. Pour into pie plate. Bake until knife inserted comes out clean, 35-40 minutes. Let stand 5 minutes before cutting. Refrigerate leftovers.

Yield: 10 servings *(220 calories, 9 grams fat, 25 mg cholesterol, 460 mg sodium)

How to Hard Cook Eggs

Put eggs in saucepan and add enough water to come at least 1" above eggs. Cover; bring to just boiling. Turn off heat; if necessary, remove pan from burner to prevent further boiling. Let stand in the hot water 15 minutes for large eggs - adjust time up or down by approx. 3 minutes for each size larger or smaller. Cool immediately and thoroughly in cold water since shells are easier to remove and less likely to have a dark surface on yolks. To remove shells easily, shake the pan vigorously to crack the shells. Roll the egg between hands to loosen the shell, then peel, starting with the large end. Hold egg under cold, running water or dip in a bowl of water to ease off the shell.



Egg Safety

- Always wash hands with hot, soapy water before and after food preparation, as well as when you're handling raw animal products, such as raw eggs.
- Beware of cross-contamination. Foodborne illness can occur when kitchen equipment is not thoroughly washed between uses. Always wash surfaces and cooking equipment, including blenders, in hot, soapy water before and after food preparation.
- Bacteria can multiply in moist foods, including desserts and salads containing high-protein foods. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods.
- Remember the 2-Hour Rule: Don't leave perishables out at room temperature for more than 2 hours. Bacteria love to grow in protein-rich foods.
- Whether you like your breakfast eggs scrambled or fried, always cook eggs until the yolks and whites are firm.
- Tasting is tempting, but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs.



- Cook cheese cakes, lasagna, baked ziti, and egg dishes to an internal temperature of at least 160° F. Use a food thermometer to check.

Answer Corner

Q: WHAT CAUSES BLOOD SPOTS?

A: Small spots of blood 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. Most eggs with blood spots are removed during the grading process but a few may escape detection. As an egg ages, water moves from the albumen into the yolk, diluting the blood spot. Thus, a visible blood spot actually indicates a fresh egg. Such eggs are suitable for consumption. The spot can be removed with the tip of a knife, if you wish.



Q: WHY DO SOME HARD-COOKED EGGS HAVE A GREENISH RING AROUND THE YOLK?

A: The harmless greenish ring is due to an iron and sulfur compound which forms when eggs are overcooked or not cooled quickly.

Q: WHY ARE SOME HARD-COOKED EGGS DIFFICULT TO PEEL?

A: Fresh eggs may be difficult to peel. Those which have been refrigerated for a week to 10 days before cooking will usually peel more easily.

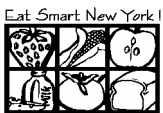


Storing Eggs

- The best way to store eggs is in their carton because eggs can absorb refrigerator odors. Do not store eggs in the door of the refrigerator.
- Fresh shell eggs can be kept refrigerated in their carton for at least 4 - 5 weeks beyond the pack date. It is important to refrigerate eggs as soon as possible after purchase to maintain quality.
- Fresh eggs can be frozen by cracking desired number of eggs into a bowl. Mix to blend whites and yolks (avoid incorporating air). Put in freezer containers, leaving 1/2" headspace, label with date and number of eggs. Can be kept in freezer for 6-12 months.
 - 1 whole egg = 3 Tablespoons thawed frozen egg
- Hard cooked eggs can be kept in the refrigerator for up to one week.
- For more information about eggs, visit these websites:
 - American Egg Board at www.aeb.org
 - Egg Nutrition Center at www.enc-online.org



Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact:

Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
(315) 866-7920

Cornell Cooperative Extension
Of Herkimer County
5657 NYS Rt. 5
Herkimer, NY 13350

NON PROFIT PRST STD
US POSTAGE PAID
Herkimer, NY 13350
Permit No. 25