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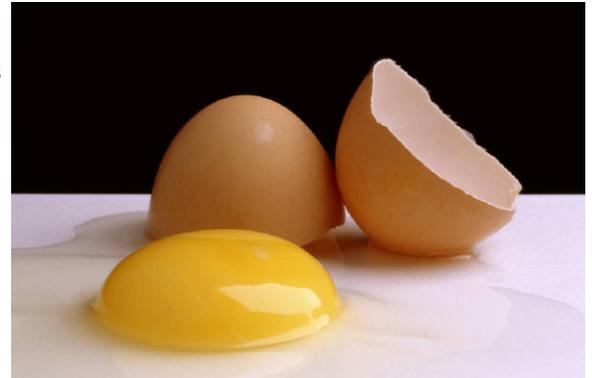
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Eggcellent Eggs

Sheila Gains, Family and Consumer Science Agent, Arapahoe County

Eggs are great source of protein, they're easy to prepare and are inexpensive. Eggs are versatile, used in a great variety of appetizers, main dishes and desserts.

Good News about Eggs!!! Evidence suggests that one whole egg per day does not increase blood cholesterol levels. Nor does it increase the risk of heart disease in healthy people. Eating less than 300 mg of cholesterol a day helps keep blood cholesterol levels normal. One egg yolk from a large egg contains about 185 mg. The white of an egg has no cholesterol.



Cook eggs properly to reduce the risk of food-borne illness. Cook eggs of any style (scrambled, boiled or fried) until yolks are firm instead of runny. Cook egg based dishes such as casseroles or quiches until the internal temperature reaches 160° F or higher. Do not taste or eat raw eggs or food containing raw or under cooked eggs such as cookie dough or cake batter. Use pasteurized liquid eggs or egg substitute in recipes that call for raw eggs, or find another recipe.

The easiest way to cook eggs is to scramble them and cook in a fry pan or microwave oven until set. Scrambled eggs can then be smothered with sautéed vegetables and salsa or rolled in a tortilla.

Other ideas for cooking with eggs include:

- Quiche, a baked egg pie in a crust, often with added vegetables, meat and cheese
- Frittata, a crust-less skillet egg pie, often containing vegetables, meat, cheese and pasta.
- Baked custard, sweet or savory
- Omelet, beaten eggs cooked without stirring in a skillet until almost set and then folded in half over a variety of fillings and cooked until set.
- Crepes, thin egg pancakes, with sweet or savory fillings
- French toast, bread dipped in beaten eggs and cooked in a skillet.
- Boiled eggs

Let's Talk

Most kids like the mild taste of eggs, but might not like the smell of hard boiled eggs. This smell comes from sulfur compounds that concentrate around the yolk of a hard boiled egg. Once the boiled egg is chopped and mixed with dressing the smell is not noticeable. Chopping eggs for an egg salad is an easy task for very young children. Give them a cutting board and a table knife or plastic knife and let them chop away. Cracking and peeling eggs can be messy, but a fun job in the kitchen for children to practice eye hand coordination. Don't expect perfection and kids will enjoy the experience. Scrambling an egg with the supervision of an adult is an easy task for a grade school child. Encourage kids of any age to help come up with a scrambled egg topping or omelet filling idea to try.

Recipe for Health:

Egg Salad

Serves 4-6

Ingredients:

4-6 Hard boiled eggs
¼ light mayonnaise
2 teaspoons lemon juice or vinegar
1 Tablespoon minced green onion
¼ teaspoon salt
¼ teaspoon pepper
½ cup finely chopped celery
(Optional add ins: Curry powder, garlic powder, sweet pickle relish.)

Directions:

Chop eggs. Mix mayonnaise, lemon juice or vinegar, green onions, salt and pepper in bowl. Add chopped eggs and celery, mix well.

Serve on a bed of lettuce, on whole grain crackers, between two pieces of bread or stuffed into half of a tomato cup.



Hard Boiled Egg Directions:

It sounds simple, but boiling an egg so that it is done, without a green yolk and one that can be peeled easily can be a challenge.

Place eggs in sauce pan large enough to hold them in a single layer. Add cold water to cover by 1 inch. Heat pan over high heat until boiling. Once the water boils immediately cover pan with lid and turn off heat. Let eggs sit in pan 15 minutes. Drain hot water. Cool under cold running water or in a bowl of ice water. Refrigerate. Use within 7 days.

A green ring around the yolk of a hard boiled egg is safe to eat, but is a sign the egg was overcooked or not cooled quickly after cooking.

Peeling Tips:

- Fresh eggs are difficult to peel, so buy and refrigerate them a week to 10 days before boiling. This time allows the eggs to take in air, helping separate the membrane from the shell.
- Hard boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.
- Gently tap boiled egg on counter until shell is finely cracked all over. Roll egg between hands to loosen shell. Start peeling at the large end, holding egg under cold running water to help ease the shell off.