

# Cleveland County Kitchen

Developed by: Nancy Abasiekong and Annie Thompson

January 2015



## Nutrition Facts

Serving Size 1 egg (50g)  
Servings per Container 12

Amount Per Serving		Calories from Fat 45	
		% Daily Value*	
<b>Total Fat</b>	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	185mg		62%
<b>Sodium</b>	70mg		3%
<b>Total Carbohydrate</b>	0g		0%
<b>Protein</b>	6g		12%
Vitamin A 6% • Vitamin C 0%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			

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## Food of the Month - EGGS

### What's So Great About Eggs?

Eggs can be a part of a healthy diet. Eggs are one of the most nutritious foods and are an excellent source of high quality protein. They are also a good source of many vitamins and minerals including Vitamins A, B, D, and iron. Omega-3 fats can be found in most egg yolks. Nutrients are found in both the egg white and yolk, resulting in health benefits from eating the whole egg.



A large egg has only 70-80 calories. With concerns about dietary cholesterol, the American Heart Association recommends that consumers eat less than 300 milligrams of cholesterol per day. An average large egg contains 185 mg

of cholesterol. Eggs are convenient and versatile and can be a quick "go-to" meal. They can be prepared quickly in many different ways and can make a very satisfying meal or snack.

#### Selection:

- \*Buy only clean, uncracked Grade AA or A eggs that have been refrigerated.
- \*Open the carton to make sure all of the eggs are clean and unbroken.
- \*Check the Expiration Date on the carton to be sure the eggs have not expired.
- \*Most recipes are based on large eggs; however, there are 6 official U.S. weight classes for eggs - jumbo, extra large, large, medium, small and peewee. The size printed on the carton shows the required minimum weight for a dozen eggs this size (for example: large - 24oz./doz.)

#### Storage:

- \*Refrigerate eggs promptly in the coldest section of the refrigerator, not on the refrigerator door (refrigerator temperature



- should be 35° - 40°F)
- \*Store raw shell eggs in their original carton, use within 3-5 weeks.
- \*Hard-cooked eggs will keep in the refrigerator up to one week.
- \*Use left-over whites and yolks within 4 days.
- \*To freeze whole eggs, beat whites and yolks together just until blended. Pour into freezer containers, seal tightly, label with date and number of eggs. Egg whites and yolks can be frozen separately. Use frozen eggs within a year. (Do not freeze eggs in the shell.)

### What You Need to Know to be Safe with Eggs



There is a potential for Salmonella bacteria to occasionally be found in clean, uncracked eggs. Everyone is advised not to eat foods with raw or undercooked eggs such as:

cookie dough, traditional Caesar salad dressing, ice cream or other foods made with uncooked eggs. Use commercial pasteurized egg products in recipes that call for uncooked eggs when serving large groups.

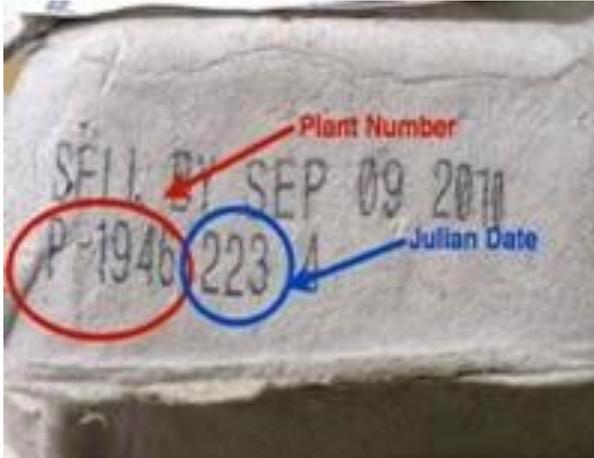
- \*Handle eggs safely - wash hands, utensils, equipment and work surfaces before

and after contact with eggs using warm, soapy water. Use only updated recipes and preparation methods. **\*Cook thoroughly** is the most important step for food safety step when preparing eggs. See the Eggs Your Way chart for basic cooking times and tips for preparing eggs safely.

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## “Sell-By”



According to the NC Egg Association, the U.S. Department of Agriculture (USDA) requires that the date on any egg carton be no more than 30 days after the eggs were packed. States and even retailers can set

additional standards. Talk with your retailer to find out exactly what the “sell-by” or “expiration date” allows. Also talk with your farmers market vendor to determine packing information.

Another way to determine the age of an egg is to check the packing date, the three-number code on the small side of the carton. This is known as the Julian date. For example, 001 is for January 1 and 365 represents December 31, etc. Eggs will keep for at least 4 to 5 weeks after this Julian date. If the eggs you buy do not have a Julian date, use them within about 3 weeks

of your purchase date.

Another way to tell if an egg is fresh relates to appearance of the egg - the white in an older egg will be thinner and spread out more, the yolk will also flatten as the yolk membrane weakens. This appearance change does not indicate an unsafe egg.



## Eggs Your Way! Basic Egg Cooking Methods & Tips

Basic Cooking Methods	Cooking Times	Special Instructions	Safety Tips
Fried Eggs	2-3 minutes per side; 4 minutes in covered pan	Yolk should begin to thicken	
Scrambled Eggs	As needed	Cook until firm throughout	
Poached Eggs	5 minutes	Cook in boiling water	
Soft Cooked Eggs	7 minutes	Cook in shell in boiling water	<b>Avoid ALL 3-minute eggs</b>
Hard-Cooked Eggs	<b>Standing Times:</b> Large Eggs - 12 minutes Medium Eggs - 9 minutes X-Large Eggs - 15 minutes	Place eggs in saucepan in single layer; add <b>COLD</b> water to cover by 1 inch. Heat on <b>HIGH</b> just to boiling. <b>COVER</b> pan; let eggs stand in <b>HOT</b> water about 12 min. for large (see chart for other sizes); <b>DRAIN</b> immediately; <b>COOL</b> completely under <b>COLD</b> running water or in a bowl of cold/ice water. Peel & serve or refrigerate	

## Coffee Cup Scramble

2 Eggs                      2 Tbsp. milk                      Salt & pepper  
2 Tbsp. shredded Cheddar cheese

### Here's How:

1. **COAT** 12-oz. microwave-safe coffee mug with cooking spray.
2. **ADD** eggs and milk; beat until blended.
3. **MICROWAVE** on **HIGH** 45 seconds; stir. **MICROWAVE** until eggs are almost set, 30 to 45 seconds longer.
4. **TOP** with cheese; season with salt and pepper.

**Cooking Tip:** Microwave ovens vary. Adjust cooking times as needed. **Source:** NC Egg Association



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## Safety Tips

- When sharing eggs from your flock with family & friends, remember to follow all of the food safety recommendations in this fact sheet. Package eggs in generic egg containers with the collection date listed. Keep eggs refrigerated.
- When transporting, pack cooked eggs and other cooked foods in an insulated cooler with enough ice or frozen gel packs to keep them cold.
- Carry the cooler inside the air-conditioned passenger section of the car; not in the trunk.
- When taking cooked eggs in a school or work lunch, pack them with a small frozen gel pack or frozen juice box to keep foods cold.



Home Produced Chicken Eggs - <http://www.ext.colostate.edu/pubs/foodnut/09377.html>

## Easter Egg Safety

- Use all of the egg safety guidelines presented earlier when using shell eggs for Easter eggs.
- Use food-safe dye for dyeing eggs.
- Choose the cleanest areas for hiding eggs, avoiding pet or other animal areas.
- Keep track of the time eggs are out of refrigeration – do not exceed 2 hours. Discard eggs if out beyond 2 hours or if they get cracked or dirty.
- Consider using plastic eggs for hiding.



## Hard-Cooked Egg Tips

- For tender hard-cooked eggs, use the method above – bring water to a boil, immediately remove from heat, cover pan and allow eggs to gently cook in hot water (as listed above).
- To avoid (harmless) greenish ring around hard-boiled yolks, cook eggs in hot, not boiling water, as above, cool immediately.
- Hard-boiled eggs are easiest to peel immediately after cooling.
- To peel hard-boiled eggs: Gently tap egg on countertop until shell is finely cracked all over. Roll egg between hands to loosen shell. Start peeling at large end, holding egg under cold running water to help remove shell.

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## CHICKEN AND BROCCOLI QUICHE

2- 9" pie crusts, baked	3/4 cup low-fat shredded cheddar cheese	1/4 cup carrots, shredded
4 eggs	3/4 cup cooked, chopped chicken	1/4 cup finely chopped onion (opt.)
1 cup low-fat or skim milk	1(10-ounce) pkg. frozen, chopped broccoli	pepper to taste
		1/2 to 3/4 tsp. garlic powder

1. Preheat oven to 350° F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, garlic powder and pepper. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove more water.
4. Layer the meat, vegetables and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting. (Makes 2 quiche, 6 servings per quiche)



Nutrition information Per Serving • 245 calories Total Fat 11 g Saturated Fat 4 g Protein 15 g Total Carbohydrate 21 g Dietary Fiber 2 g Sodium 360 mg Excellent Source of Vitamin A and Vitamin C, Good Source of Calcium  
Source: NC Expanded Food and Nutrition Education Program (EFNEP)

## Farmers Market Frittata

1 cup chopped, seasonal vegetables (such as asparagus, broccoli, sugar snap peas, spinach or peppers)  
1/2 cup chopped cooked chicken (or other favorite meat)  
1/4 cup chopped tomatoes  
1/4 tsp. dried tarragon (or favorite herb)  
4 farm-fresh eggs, lightly beaten

1/4 cup chopped onions  
1 tbsp. butter  
Fresh goat cheese (or other favorite cheese)



Sauté seasonal vegetables, chicken, tomato, onion and tarragon in butter in a medium skillet or electric frying pan over medium heat until vegetables are tender-crisp. Pour eggs evenly over all ingredients. Sprinkle with cheese, if desired. Cover and cook for 6 to 8 minutes or until firm on bottom and almost set on top. Cut into wedges to serve. Serves 4. **Source:** The Produce Lady Program: [www.theproducelady.org](http://www.theproducelady.org).

## Classic Deviled Eggs

7 large eggs, hard-cooked and peeled  
1/4 cup mayonnaise  
1 tsp. prepared mustard

1-1/2 T. sweet pickle relish  
Salt and pepper, to taste

Garnishes (optional): Paprika, pimentos, small sweet pickle slices



Cut 7 hard-cooked eggs in half lengthwise. Remove yolks and place in small bowl. Mash egg yolks with a fork and stir in other ingredients. Fill egg whites evenly with yolk mixture. Garnish. Store covered in refrigerator.

## Making Homemade Ice Cream without Using Raw Eggs

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Know how. Know **now**.

Protect yourself from the danger of possible Salmonella infection by avoiding the use of raw eggs in homemade ice cream. Following is a cooked egg-milk recipe, courtesy of the American Egg Board at [www.incredibleegg.org](http://www.incredibleegg.org)



### Vanilla Frozen Custard Ice Cream

#### CUSTARD BASE:

- 6 eggs
- 3/4 cup sugar
- 2 to 3 tablespoons honey
- 1/4 teaspoon salt
- 2 cups milk

#### ICE CREAM:

- 2 cups whipping cream
- 1 tablespoon vanilla
- Crushed ice
- Rock salt

#### Directions

1. CUSTARD BASE: BEAT eggs, sugar, honey and salt in medium heavy saucepan until blended; stir in milk. COOK over low heat, stirring constantly, until mixture is just thick enough to coat a metal spoon with a thin film and temperature reaches 160°F, about 15 minutes. Do not allow to boil. REMOVE from heat immediately.
2. COOL quickly: Set pan in larger pan of ice water; stir occasionally and gently for a few minutes to hasten cooling. PRESS piece of plastic wrap onto surface of custard. Refrigerate until thoroughly chilled, at least 1 hour.
3. ICE CREAM: POUR chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. FREEZE according to manufacturer's directions, using 6 parts crushed ice to 1 part rock salt. TRANSFER to freezer containers, allowing head space for expansion; freeze until firm.

#### Additional suggestions

- Serve with cut-up fresh fruit or with your favorite ice cream topping.
- This basic custard can be varied with flavorings and stir-ins of your choice. For stir-ins, use pureed fruit, mini chips and other small pieces.

#### Nutrition Information per Serving

*Good Source: protein, vitamin A, vitamin D and choline*

Calories: 257; total fat: 18g; saturated fat: 10g; polyunsaturated fat: 1g; monounsaturated fat: 5g; cholesterol: 164mg; sodium: 116mg; carbohydrates: 19g; dietary fiber: 0g; protein: 5g; vitamin A: 786.6IU; vitamin D: 47.0IU; folate: 15.4mcg; calcium: 87.3mg; iron: .5mg; choline: 76.2mg



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## Zesty Spinach Omelet

- 2 eggs, beaten
- 1/2 cup cooked spinach
- dash cumin
- 1/4 cup salsa
- 2 tablespoon water
- 1/4 cup cheese, shredded
- dash pepper
- non stick cooking spray

1. In medium bowl beat eggs, water, cumin, and pepper together using fork.
2. Spray skillet with non-stick cooking spray.
3. Heat a large skillet (10") to medium high heat.
4. Pour egg mixture into pan.
5. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook.
6. Cook until almost set.
7. Spoon spinach and shredded cheese over 1/2 of the omelet.
8. Using spatula, fold other side of omelet over filling.
9. Top with salsa and serve.



Nutrition information Per 1 Omelet Serving:  
210 calories, Total Fat 8g, Saturated Fat 2.5g, Protein 22g, Total Carbohydrate 7g, Dietary Fiber 1g, Sodium 520 mg, Excellent Source of Vitamin A, Excellent Source of Calcium, Good Source of Iron.  
Source: NC EFNEP



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**TIP:** Refer to the NC Egg Association's website, <http://ncegg.org/> or The Incredible Edible Egg <http://www.incredibleegg.org/> for further information about EGGS. Use the following and other updated recipes for ways you and your family can enjoy eggs throughout the year!



## Classic Cooked Eggnog

**\*6 Eggs   \*1/4 cup sugar   \*1/4 tsp. salt   \*4 cups milk, DIVIDED   \*1 tsp. vanilla**

Directions:

1. BEAT eggs, sugar and salt in large heavy saucepan until blended. STIR IN 2 cups milk.
2. COOK over low heat, stirring constantly but gently, until mixture is just thick enough to just coat a metal spoon with a thin film and temperature reaches 160°F, about 15 minutes. Do not allow to boil. REMOVE from heat immediately.
3. STIR IN remaining 2 cups milk and vanilla. REFRIGERATE, covered, until thoroughly chilled, several hours or overnight.

Secrets of success: Low heat, a heavy saucepan, constant stirring and patience are the keys to making custard sauce. If you increase the cooking temperature to try to speed the process along, the custard is likely to curdle. Stirring constantly, making sure to cover the entire bottom and the corners of the pan, prevents scorching and ensures that the mixture heats evenly.

Watch carefully and test frequently toward the end of the cooking time, after about 10 to 12 minutes. The last few minutes are crucial. Undercooked custard will be thin and watery; overcooked custard will curdle. The difference is a matter of only a few degrees.

Coats a metal spoon: A thermometer is best, but if you don't have one, use this test for doneness. Dip a metal spoon partway into the custard, then withdraw it. Custard should drip off the spoon, leaving a thin coating that adheres to the spoon. Repeat test as necessary, using a clean spoon each time, until the correct stage is reached.

Beginners may want to cook custard in a double boiler over simmering water. This method takes longer for the custard to thicken, but allows more control and reduces the risk of curdling. For perfectly smooth eggnog: Pour through a sieve before chilling. For a richer eggnog: Substitute half-and-half or light cream for some of the milk. Spice it up: 1/2 tsp. ground nutmeg can be stirred into custard before chilling. Source: <http://www.incredibleegg.org/>

