

Eggs



Eggs are a great, inexpensive source of protein. They provide vitamins A and D and heart-healthy omega-3 fats. The yolk also contains lutein, which helps keep skin and eyes healthy.

Egg yolks contain cholesterol, which can contribute to heart disease. To control cholesterol, go easy on egg yolks and whole eggs—limit yourself to 1 whole egg or yolk per day. Egg whites have no cholesterol and little to no fat, so you can eat them freely.

Eggs make for a hearty breakfast, filling lunch, easy dinner, or nutritious snack. There are many ways to cook eggs. We'll start with two easy methods—hard cooked and scrambled.

Getting Started

Choose large brown or white eggs. The shell color has nothing to do with egg nutrition or quality.

Be safe when buying and handling eggs. Check the “sell by” date on the carton before purchasing. At home, store eggs in the refrigerator. Throw away broken or cracked eggs because they can have bacteria on them. Wash all cooking tools and surfaces that touch raw egg with hot, soapy water. You can also run the cooking tools through the dishwasher.

How to Hard Cook Eggs

1. Place eggs in the pot carefully so they do not crack.
2. Cover eggs with cold water by at least 1 inch.
3. Bring the water to a boil over high heat. Remove the pot from the heat and cover it with a lid. Let the eggs sit in the covered pot for 14–17 minutes.

Equipment

- Medium pot with lid (for hard cooking eggs)
- Slotted spoon (for hard cooking eggs)
- Bowl (for hard cooking or scrambling eggs)
- Whisk (for scrambling eggs)
- Skillet (for scrambling eggs)
- Spatula (for scrambling eggs)

4. Remove the eggs from the water with a slotted spoon and move them to a bowl filled with ice to cool.
5. Store the uncracked eggs in a container in the refrigerator for up to 7 days.
6. To peel a hard-cooked egg, crack the shell on all sides by tapping it on a hard surface, such as the countertop. Then roll the cracked egg between your hands to loosen and remove the shell.

How to Scramble Eggs

1. Crack eggs into a bowl. Use 1 whole egg per person. You can make portions larger by adding extra egg whites. For example, instead of scrambling 3 eggs, use a combination of 2 eggs and 2 egg whites.
2. Whisk eggs until they are well blended and add salt and pepper to taste.
3. Lightly coat the skillet with nonstick cooking spray.
4. Heat the skillet over medium-low heat.
5. Pour the eggs into the skillet. Gently stir them with the spatula until they become a solid consistency.
6. Serve the scrambled eggs right away.

Recipe Ideas

- **Easy Egg Salad:** In a medium-size bowl, mash 4 hard-cooked eggs with a fork. Add 1 tablespoon mayonnaise, 2 tablespoons chopped onion, and salt and pepper to taste and stir to combine. Add a generous pinch of a fresh herb like tarragon or dill if you like. Serves 4.
- **Egg Sandwich:** Layer 1 sliced hard-cooked egg, tomato slices, 1 slice low-fat swiss cheese, and 1 teaspoon mustard on whole grain bread.
- **Scrambled Egg Burrito:** Place 1 scrambled egg in an 8-inch whole wheat tortilla and top with 1 tablespoon each of black beans, guacamole, salsa, and shredded cheese. Roll up and enjoy.

