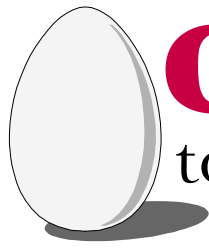


The Expanded Food and Nutrition Education Program



Cooking With Eggs

to stretch your food dollars

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Why cook with eggs?

Eggs are an inexpensive protein food.

Protein foods can be one of the most expensive items you buy. Compare the cost per serving of eggs to other protein foods.

Protein Food	Cost Per Pound	Cost Per Typical Serving*
Chicken Leg	\$1.49	25 cents
Ground Beef	\$1.29	32 cents
Pork Chop	\$2.69	54 cents
Large Eggs*	72 cents	12 cents

*Multiply the cost of a dozen large eggs by 2/3 to compare the cost per pound to other protein foods. Eggs that cost \$1.09 per dozen would cost 72 cents per pound.

Egg Storage

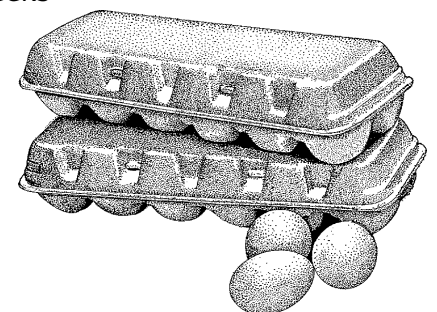
Tips for Cooking Eggs

- ✓ Cook slowly over low to moderate heat.
- ✓ Cook whites until firm (not runny).
- ✓ Cook yolks until thickened (not runny).
- ✓ Don't overcook.

Eggs are a perishable food and need to be refrigerated. Keep eggs in the original carton in the coldest part of the refrigerator. Throw away any eggs that are cracked, broken or leaking.

How long can you safely keep eggs?

- ◆ Fresh eggs in the shell $\frac{3}{4}$ 3-4 weeks
- ◆ Fresh egg whites $\frac{3}{4}$ 2-4 days
- ◆ Fresh egg yolks (unbroken and covered with water) $\frac{3}{4}$ 2-4 days
- ◆ Hardcooked $\frac{3}{4}$ 1 week
- ◆ Deviled $\frac{3}{4}$ 2-3 days
- ◆ Leftover egg dishes $\frac{3}{4}$ 3-4 days



Using Egg Mix

Egg mix is like fresh eggs with the water removed. After you add water, egg mix can be used in many of the same ways as fresh eggs.

To use egg mix like fresh eggs, add the same amount of water as egg mix. For example, add:

1/4 cup dry egg mix and 1/4 cup water = 1 egg
1/2 cup dry egg mix and 1/2 cup water = 2 eggs
3/4 cup dry egg mix and 3/4 cup water = 3 eggs
1 cup dry egg mix and 1 cup water = 4 eggs

Store unopened packages of the mix in a cool, dry place or in the refrigerator during hot weather. Store opened packages in tightly covered containers in the refrigerator. After you add water, use the mix right away or throw it out.

Easy Egg Ideas

Fried Rice

Stir fry left-over meat with rice, chopped onions and soy sauce. Add beaten eggs and scramble.

Vegetable Scramble

Add cooked vegetables and some favorite herbs to beaten eggs. Scramble and sprinkle with shredded cheese.

Egg Tortillas

Cover fried or steamed eggs with shredded cheese. Serve on a tortilla and top with salsa.

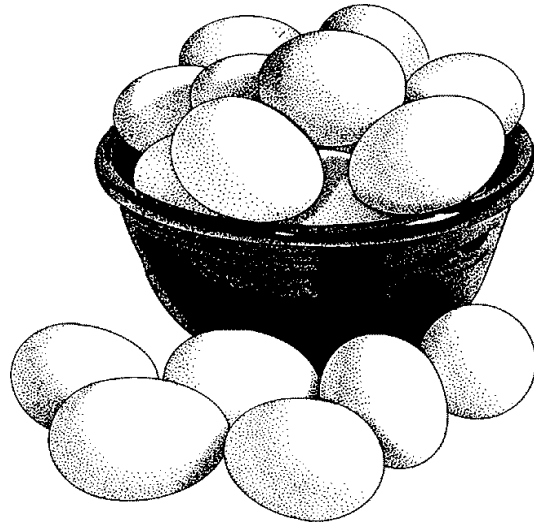
French Toast

French toast is an easy way to use foods you probably have on hand.

4 eggs (or 1 cup dry egg mix and 1 cup water)
1 cup lowfat or skim milk
1/2 teaspoon salt
1 tablespoon sugar
6 slices bread
2 tablespoons margarine (or vegetable spray)
1 teaspoon ground cinnamon or vanilla extract (optional)

Beat eggs, milk, salt, sugar and cinnamon (or vanilla) until smooth and blended.

Melt margarine in skillet on medium heat. Dip bread in egg mixture to coat. Cook until golden brown on both sides.



**For more information on eggs,
contact your county Extension office.**