



Eggs in the Diet

Eggs are an inexpensive source of protein and an important source of vitamins B₁₂ and E. The one draw back to eggs is the cholesterol. The yolk of the egg contains about two-thirds of the total suggested daily maximum intake of cholesterol.

In the past research has shown that saturated fat has a greater effect on blood cholesterol levels than dietary cholesterol and eggs are not a major source of saturated fat.

All of the fat and cholesterol in the egg is in the yolk. The egg white is almost all protein and is low in calories. Egg whites can be used regularly in the diet by almost anyone. Two egg whites are equal to one whole egg.

Egg Safety

In recent years there has been increased concern about *salmonellosis* in eggs. Previously, it was thought this bacterium was found only in eggs with a cracked shell. We now know the bacteria can be in uncracked eggs.

To reduce the risk of foodborne illness from *salmonella*, follow these simple rules:

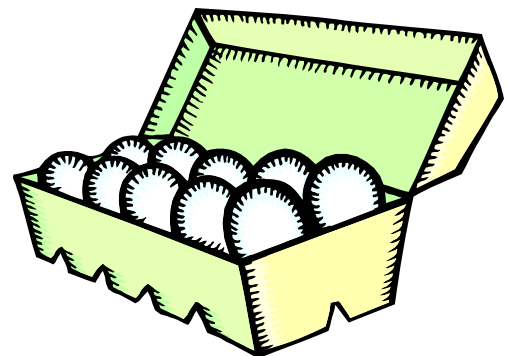
- Avoid eating raw eggs and foods containing raw eggs.
- Cook eggs thoroughly until both the yolk and white are firm.

- Substitute pasteurized eggs or egg substitutes in recipes that will not be cooked.

Handle Eggs Safely

We use a lot of eggs at this time of year. It is important to follow these suggestions to be sure they are safe.

- Wash hands thoroughly before handling the eggs.
- Check eggs carefully before buying, look for cracks or breaks.
- Store eggs in the original carton in the coldest part of the refrigerator.
- Keep fresh eggs refrigerated.
- Remember cooked eggs should not stay out of the refrigerator for more than a total of two hours.
- Hard cooked eggs should be refrigerated and used within one week. Store the cooked eggs in the carton or covered container.
- Discard any eggs that are cracked or broken.



Garden Patch Scramble

Here is a quick, easy meal. For variety, use different vegetables, depending on what you have on hand or what is in season.

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| 1 tsp. vegetable oil | 1 Tbsp. water |
| 2 Tbsp. chopped sweet red or green pepper | 2 eggs |
| 2 Tbsp. chopped green onions with tops | 4 egg whites |
| ½ tsp. basil leaves, crushed | 1 tsp. lemon juice |
| 2 Tbsp. shredded low-fat cheese, optional | |
| ½ cup whole kernel corn (cut fresh from cobs, frozen or drained canned) | |

In 10-inch omelet pan or skillet:

Heat oil over medium heat. Add vegetables and water. Cover and cook just until peppers are tender, about 2 to 3 minutes.

In small bowl, beat together eggs, lemon juice and basil until blended. Pour over vegetables. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains. Sprinkle with cheese, if desired.

Serves 2

Nutrition information per serving: 170 calories, 8g fat, 0g trans fat, 215 mg cholesterol, 250 mg sodium, 8g carbohydrate, 1 g fiber.

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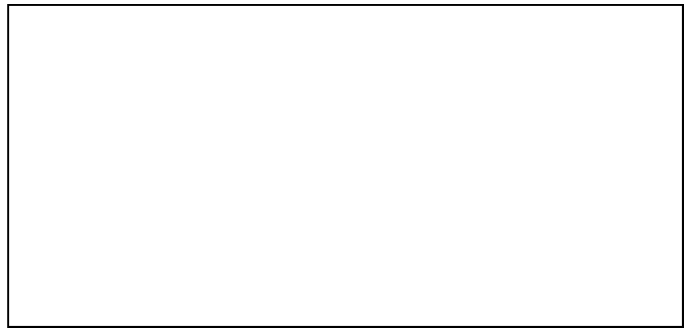
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Microwave:

Omit oil and water. In 1-quart casserole, stir together vegetables. Cover with plastic wrap. Cook on full power until peppers are tender, about 2 to 3 minutes.

In small bowl, beat together eggs, lemon juice and basil until blended. Pour over vegetables. Cook on full power 1 minute. With pancake turner, move cooked portions at edges toward center. Continue cooking until eggs are almost set, about 1 to 2 minutes. Stir. If necessary, cover with plastic wrap and let stand until eggs are thickened and no visible liquid egg remains, about 1 minute. Sprinkle with cheese, if desired. Serves 2

Nutrition information per serving: 150 Calories, 6g fat, 0g trans fat, 215 mg cholesterol, 250 mg sodium, 8g carbohydrate, 1g fiber.



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