

## Making an Egg-cellent Choice

*June 3rd is National Egg Day. Did you know that eggs are a good source of protein and other essential nutrients? It's time to cook them up for breakfast, lunch, and dinner!*

### The Food Bank Feedback

A newsletter published monthly and sent to all agencies receiving food distribution, free of charge.

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### *Reasons why eggs are great*

- **They're Inexpensive-** A dozen of large eggs can be bought at the store for less than \$2.00! That's a great way to feed your family if you're on a limited budget.

- **They're Nutritious-** Eggs are packed with the highest quality protein you can eat. They also contain other essential nutrients like vitamins A, B12, and D, and iron, zinc, and potassium

- **They're Low in Calories-** One large egg has less than 80 calories. If you're trying to watch your weight and want to stay full, eggs are an easy way to do so. Recent studies have shown that eggs do not increase cholesterol and the positives of eating them outweigh the negatives.

- **They're Versatile-** Eggs can easily be added to many different meals. They can be cooked up in rice, soups, sandwiches, and salads; not to mention the many ways they are already eaten for breakfast!

### *Knowing Egg Terms*

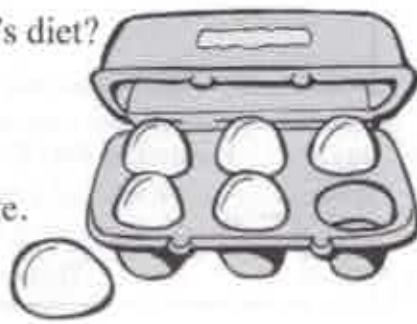
- **Quiche-** A French word, pronounced "keesh". A baked egg dish often filled with vegetables, meats, and cheeses served in a flaky crust.

- **Poached-** An egg that is cracked in simmering water and served soft-cooked.

- **Frittata-** Similar to a quiche, without a crust. Can be baked in the oven or cooked in a skillet.

### *Egg-citing Facts*

- Did you know that the color of the egg yolk is determined by the hen's diet?
- An average hen can lay around 250 eggs in their lifetime.
- Brown and white shelled eggs have no nutritional differences.
- Eggs can be kept in the refrigerator for 3 weeks passed the sell-by date.
- Old eggs float in water while newly laid eggs sink.





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## • Recipes •

### Easy Coffee Mug Eggs\*

#### Ingredients:

- 2 whole eggs
- 1 tablespoon low-fat shredded cheese, of choice
- ½ small onion, chopped
- 1 teaspoon milk
- ¼ avocado, chopped

#### Directions:

Mix eggs, cheese, onion, and milk together in a microwavable mug. Microwave on high for 1 minute. Take out and stir with a spoon, let sit for a few minutes to fully cook through. Top with chopped avocado. Enjoy!

**Nutrition:** 260 calories, 16g fat, 16g protein, 220mg potassium, 300mg sodium, 2g fiber



### Spinach Egg Drop Soup\*

#### Ingredients:

- 2 cans of low sodium chicken broth
- 1 package of frozen spinach (12oz)
- 4 eggs, beaten
- ½ cup of thinly sliced carrots
- 2 stalks scallions, chopped
- ¼ cup of parmesan cheese
- Salt/pepper to taste

#### Directions:

Heat broth in a pot until boiling, add frozen spinach, scallions and carrots, let simmer and add eggs while stirring the mixture. Turn heat off and continue to stir until eggs become white. Add in cheese and serve.

**Nutrition:** (1 cup serving) 180 calories, 7g fat, 17g protein, 600mg sodium, 6000IU vitamin A, 260mg calcium



\*Recipes adapted from [www.IncredibleEgg.org](http://www.IncredibleEgg.org)



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