

Egg Nutrition Center



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*Credible Science
Incredible Egg*

Egg Nutrition Center
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Build a Healthy Plate at Each Meal



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The Egg Nutrition Center is delighted to present this recipe booklet designed to assist in planning 3 delicious, nutritious and affordable daily meals with an additional high protein snack. Based on the ChooseMyPlate.gov program, each page offers a nutrient analysis for both the suggested recipe and the entire meal to show how each food group helps in supplying a full day's nutrient needs while keeping calories and portion sizes appropriate for a suggested 2000 calorie intake.

To build a healthy plate it is necessary to include a variety of foods from each of the 5 food groups, fruits, vegetables, grains, dairy and protein. To learn more about balancing calories, foods to increase and foods to reduce in your diet, go to www.ChooseMyPlate.gov.

We hope you'll view our website
www.eggnutritioncenter.org
for more helpful information.



Scrambled Egg, Cheese & Veggie Muffin



Breakfast



Prep Time: 10 minutes
Cook Time: 6 minutes
Makes: 4 servings

What You Need

- 4 oz** Fresh mushrooms, sliced
- 4 cups** Fresh baby spinach (4 oz.)
- 4** EGGS, beaten
Pepper
- 2** Slices Cheddar cheese, cut in half (1-1/2 oz.)
- 4** Whole wheat English muffins, split, toasted

Here's How

- 1** Coat nonstick skillet with cooking spray. Cook mushrooms over medium heat until tender, about 2 minutes. Add spinach; cook until wilted, about 1 minute
- 2** POUR eggs over mixture in skillet. As eggs begin to set, GENTLY PULL the eggs across the pan with an inverted turner, forming large soft curds. ADD mushroom mixture. CONTINUE cooking – pulling, lifting and folding eggs– until thickened and no visible liquid egg remains. *Do not stir constantly.* SEASON with pepper.
- 3** PLACE one half slice of cheese on each of four English muffin halves. SPOON egg mixture onto cheese, dividing evenly. SERVE open face or close to make a sandwich.

Enjoy—your *ENC Healthy Egg Meals!*

Serve with mixed fruit salad (such as bananas, strawberries, blueberries, raspberries, pineapple) topped with low fat vanilla yogurt.

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Scrambled Egg, Cheese & Veggie Muffin

Nutrition Information

Nutrition information per serving (1/4 of recipe): 260 calories;
10 g total fat; 4 g saturated fat; 2 g polyunsaturated fat;
3 g monounsaturated fat; 197 mg cholesterol;
397 mg sodium; 29 g carbohydrate; 5 g dietary fiber;
16 g protein; 1,951.5 IU Vitamin A; .5 mcg Vitamin B12;
45.5 IU Vitamin D; 62.6 mcg folate; 303.3 mg calcium;
3.5 mg iron; 308.2 mg potassium; 141.3 mg choline.

This recipe is an excellent source of protein, fiber, Vitamin A, calcium, choline, and a good source of Vitamin D, iron, and folate.

Breakfast

Egg, Cheese & Veggie Muffin Fresh Mixed Fruit with Low Fat Vanilla Yogurt

(1 cup mixed fruit - strawberries, blueberries, raspberries sliced bananas & pineapple with 1/2 cup low fat vanilla yogurt)

Skim milk (1 cup)

Food Group	Amount
Dairy	2 cups
Fruit	1 cup
Vegetables	1 cup
Protein	2 oz.
Grains	2 oz.

Nutrition information for this breakfast: 535 calories;
12 g total fat; 5 g saturated fat; 2 g polyunsaturated fat;
4 g monounsaturated fat; 208 mg cholesterol; 583 mg sodium;
80 g carbohydrate; 9 g dietary fiber; 32 g protein; 2,574.5 IU Vitamin A;
2.4 mcg Vitamin B12; 161.9 IU Vitamin D; 116.1 mcg folate;
830.0 mg calcium; 4.2 mg iron; 1,232.3 mg potassium;
209.6 mg choline.

This breakfast is an excellent source of protein, fiber, Vitamin A, Vitamin B12, Vitamin D, folate, calcium, iron, potassium, and choline.

Scrambled Egg, Tomato, Basil & Mozzarella Panini



Lunch



Prep Time: 10 minutes
Cook Time: 4 minutes
Makes: 2 panini's

What You Need

- 2 EGGS
- 2 Tbsp Water
- Pepper
- 2 Slices mozzarella cheese (1-1/2 oz.)
- 4 Slices tomato
- 6 Fresh basil leaves
- 4 Slices whole wheat bread

Here's How

- 1** HEAT panini press according to manufacturer's directions.
BEAT eggs and water in microwave-safe bowl until blended.
MICROWAVE on HIGH 45 seconds; stir.
MICROWAVE until eggs are almost set, 30 to 45 seconds longer.
SEASON with pepper.
- 2** LAYER cheese, tomato, basil and scrambled eggs evenly on two bread slices.
COVER with remaining bread.
- 3** GRILL sandwiches in panini press, on medium-high heat, until bread is toasted and cheese is melted, about 2 minutes.

Enjoy—your ENC Healthy Egg Meals!

Great for a wrap and go meal.

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Scrambled Egg, Tomato, Basil & Mozzarella Panini

Nutrition Information

Nutrition information per sandwich: 282 calories; 11 g total fat; 4 g saturated fat; 1 g polyunsaturated fat; 4 g monounsaturated fat; 197 mg cholesterol; 477 mg sodium; 26 g carbohydrate; 4 g dietary fiber; 19 g protein; 812.6 IU Vitamin A; .9 mcg Vitamin B12; 44.2 IU Vitamin D; 60.7 mcg folate; 250.5 mg calcium; 2.4 mg iron; 327.3 mg potassium; 146.3 mg choline

This recipe is an excellent source of protein, calcium, choline, and a good source of fiber, Vitamin A, Vitamin B12, Vitamin D, folate, and iron.

Lunch

Scrambled Egg, Tomato, Basil & Mozzarella Panini Green Grapes (1 cup) Skim milk (1 cup)

Food Group	Amount
Dairy	1-1/2 cups
Fruit	1 cup
Vegetables	1/2 cup
Protein	1 oz.
Grains	2 oz.

Nutrition information for this lunch: 469 calories; 11 g total fat; 5 g saturated fat; 2 g polyunsaturated fat; 4 g monounsaturated fat; 202 mg cholesterol; 583 mg sodium; 65 g carbohydrate; 6 g dietary fiber; 29 g protein; 1,412.1 IU Vitamin A; 2.2 mcg Vitamin B12; 159.3 IU Vitamin D; 75.9 mcg folate; 564.5 mg calcium; 3.1 mg iron; 997.9 mg potassium; 192.9 mg choline.

This lunch is an excellent source of protein, fiber, Vitamin A, Vitamin B12, Vitamin D, calcium, potassium, choline, and a good source of folate, and iron.

Insider Information

- **No panini press?** Sandwiches can be grilled in a skillet over medium heat, turning once, until bread is toasted and cheese is melted, 2 to 4 minutes.
- **Don't overcook.** Scrambled eggs will continue to cook and firm up after removed from microwave.
- **Microwave ovens vary.** Cook time may need to be adjusted.

Egg Pita Snackers



Snack



Prep Time: 15 minutes
Cook Time: None
Makes: 1-3/4 cups

What You Need

- 6** HARD-COOKED EGGS, peeled
- 1/4 cup** Refrigerated ranch dip
- 2 Tbsp** Minced green onion
- 1/4 tsp** Pepper
- 1/4 cup** Finely chopped red, yellow & green peppers
- Mini whole wheat pitas
- Small tomato wedges

Here's How

- 1** PLACE eggs, ranch dip, green onion, and pepper in food processor. Pulse until finely chopped. SPOON into serving bowl. TOP with bell peppers.
- 2** SERVE spread on pitas with tomato.

Enjoy—your *ENC Healthy Egg Meals!*

Eating protein and grains or fruit together are the perfect fuel for muscle building after exercise.

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Egg Pita Snackers

Nutrition Information

Nutrition information per tablespoon: 20 calories; 1 g total fat; 1 g saturated fat; 0 g polyunsaturated fat; 0 g monounsaturated fat; 40 mg cholesterol; 31 mg sodium; 0 g carbohydrate; 0 g dietary fiber; 1 g protein; 85.7 IU Vitamin A; .1 mcg Vitamin B12; 8.8 IU Vitamin D; 5.7 mcg folate; 9.4 mg calcium; .2 mg iron; 18.9 mg potassium; 27.0 mg choline

Snack

2 Egg Pita Snackers

(2 mini whole wheat pitas, 2 tablespoons egg spread & 2 tomato wedges)
Skim milk (1 cup)

Food Group	Amount
Dairy	1 cups
Fruit	0
Vegetables	1/2 cup
Protein	3 oz.
Grains	1 oz.

Nutrition information for this snack: 270 calories; 5 g total fat; 1 g saturated fat; 0 g polyunsaturated fat; 1 g monounsaturated fat; 75 mg cholesterol; 480 mg sodium; 43 g carbohydrate; 5 g dietary fiber; 17 g protein; 1,166.3 IU Vitamin A; 1.4 mcg Vitamin B12; 130.5 IU Vitamin D; 31.5 mcg folate; 361.6 mg calcium; 2.0 mg iron; 562.3 mg potassium; 89.6 mg choline.

*This snack is an **excellent source** of protein, Vitamin A, Vitamin B12, Vitamin D, calcium, and a **good source** of fiber, iron, potassium, and choline.*

Insider Information

- **Hard Boiled Eggs:** Place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner. Cover pan. Let eggs stand in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 minutes for extra large). Drain immediately and serve warm or cool completely under cold running water or in bowl of ice water, then refrigerate.
- **Very fresh eggs can be difficult to peel.** To ensure easily peeled eggs, buy and refrigerate them a week to 10 days in advance of cooking. This brief “breather” allows the eggs time to take in air, which helps separate the membranes from the shell.
 - **To peel a hard-boiled egg:** Gently tap egg on counter top until shell is finely cracked all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.
 - **Hard-boiled eggs are easiest to peel right after cooling.** Cooling causes the egg to contract slightly in the shell.

Chicken & Egg with Unfried Brown Rice



Dinner



Prep Time: 15 minutes
Cook Time: 10-15 minutes
Makes: 4 servings

What You Need

- 2 tsp** Vegetable oil
- 1/2 lb** Boneless, skinless chicken breast, cut into 1/4-inch thick slices
- 1/4 cup** Sliced green onions
- 2** Cloves garlic, minced
- 3 cups** Mixed vegetables (sliced carrots, broccoli florets, bell pepper strips, pea pods, sliced cabbage)
- 4** EGGS
- 2 tbsp** Water
- 2 cups** Cooked brown rice, warm
- 1/3 cup** Chopped fresh basil leaves or cilantro (optional)
- 1/4 cup** Prepared orange ginger or classic stir-fry sauce

Here's How

- 1** **HEAT** oil in large nonstick skillet over medium-high heat until hot. **ADD** chicken strips; cook and stir 3 to 4 minutes until outside surface is browned. Remove and keep warm. **ADD** green onions and garlic to skillet; cook and stir 1 minute. **ADD** vegetables; cook and stir until vegetables are crisp tender, about 3 to 4 minutes. Remove and keep warm.
- 2** Meanwhile **BEAT** eggs and water until blended. **REDUCE** heat to medium. **POUR** eggs into skillet. As eggs begin to set, **GENTLY PULL** the eggs across the pan with an inverted turner. **CONTINUE** cooking until eggs are thickened and no visible liquid egg remains. *Do not stir constantly.*
- 3** **ADD** brown rice, basil, stir-fry sauce, reserved chicken and vegetables to skillet; stir to combine. Cook 2 to 3 minutes or until heated through.

Enjoy—your *ENC* Healthy Egg Meals!

For Vegetable & Egg Unfried Brown Rice: Simply delete the chicken and proceed with the rest of the recipe as directed.

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Chicken & Egg with Unfried Brown Rice

Nutrition Information

Nutrition information per serving (1/4 of recipe): 322 calories;
10 g total fat; 2 g saturated fat; 2 g polyunsaturated fat;
4 g monounsaturated fat; 222 mg cholesterol; 276 mg sodium;
33 g carbohydrate; 4 g dietary fiber; 23 g protein; 3,846.1 IU Vitamin A;
.6 mcg Vitamin B12; 43.1 IU Vitamin D; 64.2 mcg folate; 73.8 mg calcium;
2.3 mg iron; 418.8 mg potassium; 175.3 mg choline.

*This recipe is an excellent source of protein, Vitamin A, choline,
and a good source of fiber, Vitamin D, folate, iron, and potassium.*

Entire Dinner Meal

Chicken & Egg with Unfried Brown Rice, Cabbage & Spinach Salad

(3/4 cup spinach & 3/4 cup thinly sliced cabbage w/1 TBSP Asian miso ginger vinaigrette)

Food Group	Amount
Dairy	0
Fruit	0
Vegetables	1 cup
Protein	3 oz.
Grains	1 oz.

Nutrition information for this dinner: 390 calories;
15 g total fat; 3 g saturated fat; 2 g polyunsaturated fat;
4 g monounsaturated fat; 222 mg cholesterol; 428 mg sodium;
37 g carbohydrate; 5 g dietary fiber; 25 g protein;
6,022.1 IU Vitamin A; .6 mcg Vitamin B12; 43.1 IU Vitamin D;
137.8 mcg folate; 120.7 mg calcium; 3.2 mg iron;
673.5 mg potassium; 179.6 mg choline.

*This dinner is an excellent source of protein, fiber, Vitamin A, folate, choline,
and a good source of Vitamin D, calcium, iron, and potassium.*

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make half your plate fruit and vegetables.

- Choose fresh, frozen, canned, or dried fruits.
 - Use fruit as snacks, salads or desserts.
- Choose whole or cut-up fruits more often than fruit juices.

Make half your plate vegetables and fruit.

- Choose fresh, frozen, canned, or dried vegetables.
- Keep raw, cut-up vegetables handy for quick snacks.
- Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.

Vary your protein food choices.

- Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.
 - Choose a variety of foods including seafood, beans, and peas, nuts, lean meats, poultry, and eggs.
 - Keep meat and poultry portions small and lean.

Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list and food packages to find whole-grain foods.

Cut back on foods high in solids fats, added sugars, and salt.

- Choose foods and drinks with little or no added sugars.
 - Look out for salt (sodium) in foods you buy.
 - Eat fewer foods that are high in solids fats.

Eat the right amount of calories for you.

- Cook more often at home, where you are in control of what's in your food.
 - When eating out, choose lower calorie menu options.
 - Enjoy your food, but eat less.

Be physically active your way.

- Pick activities that you like and start by doing what you can, at least 10 minutes at a time.
 - Every bit adds up, and the health benefits increase as you spend more time being active.

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