



From Farm to Fork



Egg Recipe Booklet

Distributed by:

Lisa Peterson

Nutrition & Wellness Educator

University of Illinois Extension

Serving Christian, Jersey, Macoupin &

Montgomery County

217-532-3941

lap5981@illinois.edu



UNIVERSITY OF ILLINOIS
EXTENSION

Extending Knowledge Changing Lives

Recipe Index

Appetizers & Side Dishes.....pp.4-5

Salads.....pp.6-8

Main Entrees.....pp.9-12

Desserts.....pp.13-15

Legend for abbreviations

T. = Tablespoon

tsp. = Teaspoon



Peppermint Meringues (18 Servings)

- 2 egg whites
- 1/8 tsp. salt
- 1/8 tsp. cream of tartar
- 1/2 cup sugar
- 2 peppermint candy canes, crushed

Directions:

1. In a bowl, beat egg whites until foamy. Sprinkle with salt and cream of tartar; beat until soft peaks form.
2. Gradually add sugar, beating until stiff peaks form, about 7 minutes.
3. Drop by the teaspoon onto ungreased foil or paper-lined baking sheets; sprinkle with the crushed candy.
4. Bake at 225°F for 1-1/2 hours. Turn off heat; leave cookies in the oven with the door ajar for at least 1 hour or until cool. Store in an airtight container.

Nutrition Facts (per 1 serving) - 21 calories ~0 g. total fat ~1 g. protein ~5 g. total carbohydrate

Source: Taste of Home, 2000

Hot Chocolate Soufflé (6 Servings)

- ½ cup sugar, divided
- 1/3 cup unsweetened cocoa powder
- ¼ cup all purpose flour
- 1/8 tsp. salt
- 1 cup milk
- ½ tsp. vanilla
- 4 egg whites, room temperature
- ½ tsp. cream of tartar
- 4 egg yolks

Directions:

1. Heat oven to 350°F. Mix 1/4 cup sugar, cocoa powder, flour and salt in medium saucepan; gradually whisk in milk until smooth. Cook over medium heat, stirring constantly, until mixture thickens and boils. Remove from heat. Stir in vanilla.
2. Beat egg whites and cream of tartar in mixer bowl with whisk attachment on high speed until foamy. Beating constantly, add remaining 1/4 cup sugar, 2 Tbsp. at a time, beating after each addition until sugar is dissolved before adding the next. (Rub a bit of mixture between thumb and forefinger; it should feel completely smooth.) Continue beating until whites are glossy and stand in soft peaks.
3. Stir egg yolks into chocolate sauce until blended. Gently but thoroughly fold yolk mixture into whites until no streaks of white remain. Carefully pour into ungreased 1-1/2 to 2-qt. soufflé dish.
4. For a “top hat”, hold metal spatula upright and make a ring in top of the soufflé mixture, 1 inch from side of dish and 1 inch deep, if desired.
5. Bake until soufflé is puffy, delicately browned and shakes slightly when oven rack is moved gently back and forth, 30 to 40 minutes. Serve immediately.

Nutrition Facts (per serving) - 247 calories ~7 g. fat total ~3 g. saturated fat ~ 189 mg. cholesterol ~ 166 mg sodium ~ 11 g protein ~ 39g. total carbohydrate ~ 3 g fiber

Source: American Egg Board

Egg Food Safety Tips



Separate eggs from other foods when shopping and storing in the refrigerator



Clean hands, utensils, and surfaces that come in contact with raw eggs



Eggs can be kept 4-5 weeks past sell by date or 3 weeks past purchase and stored in the main body of the refrigerator between 33-40°F



Cook egg dishes to 160°F. Test by inserting food thermometer in center of dish

Avocado Deviled Eggs (12 Servings)

- 6 eggs
- ½ avocado
- ⅛ tsp. salt
- Pinch cayenne pepper
- Pinch garlic powder
- ½ T. lemon juice
- 1 green onion, chopped

Directions:

1. Hard boil 6 eggs, and let cool in cold water. Cut the avocado in half, remove pit, and peel carefully. Mash half of the avocado in a plastic bag.
2. Peel eggs. Slice eggs in half, and put egg yolks in plastic bag with the mashed avocado. Mix well until the avocado and smashed yolks are completely combined.
3. Add in salt, garlic powder, and cayenne pepper to plastic bag and mix together. Add lemon juice and green onions and mix in plastic bag.
4. Cut bottom corner of plastic bag and pipe avocado mixture into egg whites. Sprinkle with paprika.

Helpful Tip

Not sure what to do with the other half of the avocado?

Puree the unused half and add 1/4 tsp. lemon juice. Seal and freeze. Use later for a salad, sandwich or baking.

Nutrition Facts (per deviled egg) 60 calories ~4 g. fat ~75 mg. sodium~3 g. protein ~1 g total carbohydrate

Source: Lisa Peterson, Nutrition & Wellness Educator

Basic Custard (6 Servings)

- 3 cups milk
- 4 eggs
- ½ cup sugar
- 1½ tsp. vanilla
- ¼ tsp. salt

Directions:

1. Preheat oven to 350°F. Heat milk in small saucepan until very hot. Milk should be steaming but not boiling.
2. Meanwhile beat eggs, sugar, vanilla and salt in medium bowl until blended but not foamy; slowly stir in hot milk.
3. Place six lightly greased 6-oz. custard cups in baking pan large enough to hold cups without touching each other or sides of pan. Pour egg mixture into cups, dividing evenly. Sprinkle with nutmeg, if desired.
4. Place pan on rack in the center of a 350°F oven; pour very hot water into the pan (hot-water bath) to within ½ inch of top of cups.
5. Bake until knife inserted near center comes out clean, 25 to 30 minutes; centers will still be soft. Remove cups from water bath at once.
6. Cool on wire rack 5 to 10 minutes. Serve warm or refrigerate until cold.

Nutrition Facts (per 1/3 cup serving) - 75 calories ~3.6 g. total fat ~1.1 g. saturated fat~195 g. cholesterol~8.3 g. protein ~1.9 g. total carbohydrate~0.2 g. fiber

Source: American Egg Board

Scrambled Egg and Veggie Breakfast

Pizza (6 Servings)

- 4 eggs, beaten
- 2 tsp. olive oil
- ¼ cup skim milk
- ¼ tsp. salt
- ¼ tsp. pepper
- ¼ cup chopped onion
- 2 whole wheat English muffins, split & toasted
- 2 T. red pepper, chopped
- ½ cup baby spinach, coarsely chopped
- 1/3 cup 2% sharp cheddar cheese, shredded

Directions:

1. Beat eggs, milk, salt and pepper with a whisk.
2. In a skillet heat oil over medium heat and sauté onion and red pepper for about 3 minutes. Add spinach until leaves start to wilt.
3. Pour egg mixture over sautéed vegetables and cook stirring until eggs mixture is scrambled.
4. Stir cheese into egg mixture until melted.
5. Divide scrambled egg and vegetable mixture in four servings and serve each over half of a toasted English muffin.

Nutrition Facts (4 per serving) - 193 calories ~9 g. fat ~ 168 mg. cholesterol~ 400 mg sodium~11 g. protein ~16 g. total carbohydrate ~ 2 g. fiber

Source: Marilyn Csernus, Nutrition & Wellness Educator

Pickled Eggs and Beets (8 Servings)

- 8 hard boiled eggs, peeled
- 1 cup beet juice
- 1 cup beets, sliced
- 1 ¾ cup white distilled vinegar
- 1 cup white sugar
- 1½ T. whole allspice
- ½ cinnamon stick

Directions:

1. Boil eggs, cool and peel.
2. Combine beets, beet juice, sugar, spices and distilled vinegar in a large saucepan. Bring mixture to a boil and reduce heat. Stir frequently to prevent scorching. Simmer 5 minutes.
3. Put mixture in 2-1 quart canning jars. Layering sliced beets with whole eggs, and cover with hot liquid.
4. Place lids on jars and refrigerate for 48 hours before serving.

Nutrition Facts (per serving) 125 calories ~5 g. total fat ~ 3 g. saturated fat~186 g. cholesterol~ 110 mg. sodium~5 g protein ~ 14 g. total carbohydrate

Source: Adapted from the American Egg Board

Cobb Egg Salad (6 Servings)

- 8 hard boiled eggs
- 1 ripe avocado, cubed
- 2 slices bacon, cooked and crumbled
- ¼ cup crumbled blue cheese
- 3 T. nonfat plain yogurt
- 3 T. low-fat mayonnaise
- ¼ tsp. garlic powder
- ¼ tsp. freshly ground pepper

Directions :

1. Combine yogurt, mayonnaise, garlic powder, and pepper in a medium bowl.
2. Halve eggs and discard 4 of the yolks (or save for another use).
3. Add whites and the remaining 4 yolks to the bowl and mash to desired consistency. Gently stir in avocado, bacon and blue cheese.
4. Chill for 2 hours and serve on sandwich.

Nutrition Facts (per 3/4 cup serving) - 235 calories ~17 g. fat~
5 g. saturated fat ~ 402 mg sodium~8 g protein ~9 g. total carbohydrate~
3 g. fiber

Source: Eatingwell.com

Baked Eggs Benedict (12 Servings)

- 1 dozen eggs
- 6 English Muffins-split
- Spinach or arugula
- Sliced low-sodium ham or smoked salmon
- For Hollandaise Sauce:**
 - 1 cup light sour cream
 - ¾ cup light mayonnaise
 - 2 T. lemon juice
 - 2 tsp. yellow mustard
 - Pepper to taste

Directions:

1. Make the sauce. Mix sauce ingredients in a small pan and heat over low heat. Keep warm.
2. Poach eggs. Fill a pan ½ full with water and 1 T. vinegar, bring to a simmer. Strain excess egg white using a sieve. Carefully slide egg into simmering water and cook for 3 minutes.
3. Layer English muffin with ham/salmon, spinach/arugula, egg, hollandaise sauce.
4. Place onto a baking sheet and bake for 10 minutes at 350° F in oven or toaster oven. Sprinkle with basil leaves for a garnish and serve warm.

Nutrition Facts (per serving) - 240 calories ~13 g. total fat ~
3.5 g. saturated fat~205 g. cholesterol~440 mg. sodium~ 12 g. protein ~ 17
g. total carbohydrate~2 g fiber

Source: Kristin Bogdonas, Nutrition & Wellness Educator

Huevos Rancheros (4 Servings)

- 4 corn tortillas
- 1 - 15 ounce can diced, fire roasted tomatoes, drained
- ¼ cup onion, minced
- ¼ cup cilantro, chopped
- 1 tsp. ground cumin
- 4 large eggs
- ¼ cup low-fat mozzarella cheese, shredded

Directions:

1. Heat oven to 425°F.
2. Spray medium skillet with cooking spray. Add tomatoes, onion, and cumin to skillet. Bring to a boil, cover and turn down to simmer for about 5 minutes or until mixture starts to thicken.
3. Crack egg into a cup and gently slide into simmering mixture. Continue with remaining eggs. Cover and simmer gently until whites are set and yolks start to thicken, about 3 minutes.
4. Place corn tortillas on baking sheet and bake for about 3 minutes on each side. Remove from oven and place each tortilla on a plate.
5. Divide tomato and egg mixture over the four corn tortillas. Top with cheese and cilantro.

Nutrition Facts (per serving) - 193 calories ~8 g total fat ~ 3 g. saturated fat~195 g. cholesterol~400 mg. sodium~11 g protein ~ 17g total carbohydrate~2.6 g fiber

Source: Marilyn Csernus, Nutrition & Wellness Educator

Greek Yogurt Egg Salad (4 Servings)

- 6 eggs
- ½ cup plain non-fat Greek yogurt
- ¼ tsp. dried dill weed
- ¼ tsp. pepper
- 2 tsp. yellow mustard
- 1/3 cup diced celery
- 2 T. minced red onion

Directions:

1. Boil eggs, cool, and peel. Mash eggs to desired consistency.
2. Wash and prepare red onion and celery
3. Combine yogurt, mustard, dill, and pepper in a medium bowl. Add mixture to mashed eggs, along with onions and celery
4. Chill for 1 hour and serve on sandwich.

Nutrition Facts (per 1/3 cup serving) - 75 calories ~ 3.6 g. total fat ~ 1.1 g. saturated fat~195 g. cholesterol~8.3 g. protein ~ 1.9 g. total carbohydrate~0.2 g fiber

Source: The Wholesome Dish

Tomato & Avocado Egg Salad (6 Servings)

- 6 hard boiled eggs, sliced
 - 2 avocados, chopped
 - 1 cup chopped tomatoes
 - ½ cup chopped red onion
 - ¼ cup chopped fresh parsley, or cilantro
 - Spinach leaves for salad
- DRESSING:**
- 2 T. light mayonnaise
 - 2 T. sour cream
 - 1 T. lemon juice
 - ½ tsp. salt
 - ¼ tsp. hot pepper sauce

Directions:

1. Mix dressing in a small bowl using a whisk.
2. Reserve and refrigerate 6 center (yolk) egg slices for garnish, if desired. Chop remaining eggs.
3. Combine chopped eggs, avocados, tomato, onion, and parsley in a large bowl; toss to mix. Add dressing; stir gently just until ingredients are evenly coated with dressing.

Nutrition Facts (per serving) - 218 calories ~17 g. fat~ 4 g. saturated fat ~ 189 mg. cholesterol~ 316 mg sodium~8 g protein ~10 g. total carbohydrate

Source: American Egg Board

Muffin Cup Frittatas (6 Servings)

- 1 T. canola oil
- ¾ cup broccoli florets, chopped
- 1/3 cup red bell pepper, chopped
- 1 cup 2% sharp cheddar cheese
- 2 T. red onions, chopped
- 6 eggs
- ½ cup skim milk
- ¼ tsp. salt
- 1/8 tsp. pepper

Directions:

1. Preheat oven to 350°F
2. Heat oil in medium skillet. Add vegetables and sauté 3-4 minutes stirring until slightly tender. Remove from heat.
3. Beat eggs, milk, salt, and pepper in medium bowl until well-blended.
4. Add sautéed vegetable mixture and stir.
5. Spray muffin tins with vegetable cooking spray.
6. Evenly spoon mixture into muffin cups.
7. Bake for 20-22 minutes until just set. Remove from oven and cool on wire rack about 5 minutes. Serve warm.

Nutrition Facts (per 2 frittatas) - 134 calories ~8 g. total fat ~ 3.5 g. saturated fat~197 mg. cholesterol~293 mg. sodium~12 g. protein ~ 3 g. total carbohydrate~0.5 g fiber

Source: Marilyn Csnerus, Nutrition & Wellness Educator