

INCREDIBLE EGGS!

Food Pantry Nutrition Project – University of Missouri

Eggs are an excellent source of protein, vitamins, and minerals. In the 1980s, eggs got a bad rap for the amount of cholesterol found in the yolk. We know now that it isn't really the cholesterol in food that makes your blood cholesterol go up, it is the amount and type of fat. It is true that eggs do have some saturated fat, which is not good in excess. Eggs do have healthy fats, too. So, good news: enjoy some eggs today!

Egg Quesadilla

Makes 4 quesadillas

All you need:

8 burrito-sized flour tortillas
Cooking spray
1 cup (4 ounces) shredded pepper jack cheese
8 hard boiled eggs, sliced
Salsa

All you do:

1. Heat oven to 400°.
2. Spray one side of 4 tortillas with cooking spray and place, spray side down, on a baking sheet.
3. Scatter 2 tablespoons shredded cheese over each tortilla. Top the cheese with 2 sliced hard boiled eggs.
4. Sprinkle eggs with another 2 tablespoons of shredded cheese for each tortilla.
5. Place the remaining 4 tortillas over the egg and cheese mix. Spray the tops with cooking spray.
6. Bake for about 8 minutes, or until the cheese is melted and the tortilla is crisp.

Note: This can be made on the stove top in a skillet or in the microwave. If making these in the microwave, skip the cooking spray and reduce cooking time.

From:

<http://www.kitchendaily.com/easter/easter-egg-recipes/#ixzz1Sfqxe6zf>

English Muffin Egg Pizza

Makes 8 pizzas

All you need:

4 English muffins, split in half
Olive oil
8 tomato slices
4 hard boiled eggs
Shredded mozzarella cheese
Dried Italian seasoning

All you do:

1. Toast English-muffin halves and spread them on a baking sheet.
2. Drizzle each half with olive oil.
3. On each half layer add one tomato slice and half of a hardboiled egg. Sprinkle each with cheese and Italian seasoning.
4. Broil until the cheese melts.

From:

<http://www.myrecipes.com/recipe/english-muffin-egg-pizzas>

Potato Egg Casserole

Makes 8 servings

All you need:

1 pound potatoes, boiled and sliced
12 hard boiled eggs
1 can reduced fat cream of mushroom soup
1 cup light sour cream
Salt
Pepper
1 cup (4 ounces) shredded cheddar cheese

All you do:

1. Preheat oven to 350°.
2. In a medium bowl, mix together soup, sour cream, salt and pepper.
3. In a 9 x 13 pan, make a single layer of potato slices. Top with a single layer of egg slices. Pour 1/3 of the soup mixture over the layers.
4. Repeat step 3 twice, making three layers.
5. Sprinkle evenly with cheddar cheese.
6. Bake for 30 minutes.

From: <http://pareningsquad.com/30-hard-boiled-egg-recipes>



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