



Eggs, Fresh

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 egg counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Eggs supply many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Fresh eggs can be used in recipes such as omelets, cakes, muffins, cookies, and casseroles.
- Egg yolks contain cholesterol. Remove the yolks to make an egg white omelet. Add green peppers, mushrooms, onions, or your favorite veggies for a healthy start to your day.

Storing Foods at Home

- Keep eggs refrigerated at all times at a temperature at or below 40 degrees F.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

USDA Foods

Vegetable Quiche

Makes 6 servings

Ingredients:

non-stick cooking spray
 1 pie crust (baked, 9-inch)
 1 cup vegetables, chopped (broccoli, zucchini, or mushrooms)*
 ½ cup cheese, shredded
 3 eggs, beaten
 1 cup nonfat milk
 ½ teaspoon salt
 ½ teaspoon pepper
 ½ teaspoon garlic powder

Directions: Wash hands with soap and water.

1. Preheat the oven to 375 degrees F.
2. Chop the vegetables.
3. Spray a skillet with non-stick cooking spray. Cook the vegetables in the skillet until they are cooked, but still crisp.
4. Put the cooked vegetables and shredded cheese into a prebaked pie crust.
5. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl. Pour the egg mix over the cheese and vegetables.
6. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
7. Let the quiche cool for 5 minutes before serving.

**Note: any type of fresh, frozen or canned vegetables will work great in this recipe.*

Recipe adapted from SNAP Recipes, MyPlate Kitchen

Huevos Rancheros

Makes 2 servings

Ingredients:

1 tablespoon vegetable oil
 ½ cup onion, chopped
 1 can (10 ounce) tomatoes and green chile peppers, drained
 ½ teaspoon salt
 ¼ teaspoon chili powder
 ¼ teaspoon garlic powder
 4 eggs
 2 6-inch tortillas
 ¼ cup grated Monterey Jack cheese
 Hot pepper sauce or salsa, to taste (optional)

Directions: Wash hands with soap and water.

1. Heat oil in 10-inch skillet over medium heat.
2. Add chopped onions to skillet and cook until tender.
3. Add drained tomatoes and green chile peppers, salt, chili powder, and garlic powder to onion. Simmer until slightly thickened.
4. Break an egg into a small dish. Carefully slide egg onto hot mixture. Repeat with remaining eggs.
5. Cover and cook over low heat 5 minutes or until egg whites and yolks are firm.
6. Wrap tortillas in microwave-safe plastic wrap and microwave on high for 10-20 seconds.
7. To serve, place 2 eggs and half of tomato mixture on each tortilla.
8. Sprinkle with cheese and hot pepper sauce or salsa, if desired.

Recipe adapted from Illinois Extension