

## Fast and Easy Eggs

Use eggs to make breakfast, lunch or dinner,  
fast and easy for your family!

Save money! Use eggs instead of meat for meals.

Eggs are a great source of protein.

### Serve eggs!

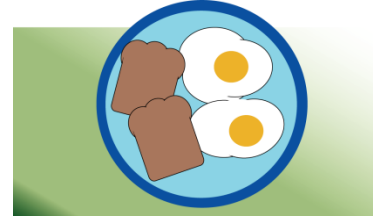
- ♥ **Scrambled eggs** – Serve plain scrambled eggs with whole wheat toast. Try scrambled eggs with chopped onions, mushrooms, peppers or tomatoes.
- ♥ **Hard Cooked eggs** – Peel shells off hard cooked eggs. Serve with toast and juice!
- ♥ **Egg Tortilla** – Roll scrambled eggs into a tortilla shell, top with shredded cheddar cheese and salsa.
- ♥ **Egg Sandwich** - Top a fried egg with a slice of ham on an English muffin.

Hard cooked eggs  
are a great source of protein  
at meals and snacks.

Cook a few eggs.  
Store hard cooked eggs  
in the refrigerator for up to 1 week.

### Peel and enjoy eggs:

- ♥ Sprinkle chopped eggs on lettuce salads.
- ♥ Sprinkle finely chopped eggs on tomato soup.
- ♥ Add chopped eggs to potato salad or tuna salad.
- ♥ Stir chopped eggs into macaroni and cheese.
- ♥ Peel and eat an egg for a snack!



Eggs are rich in protein, B vitamins,  
iron and other minerals.

Eggs are a healthy food.

But eggs also have cholesterol.

The American Heart Association emphasizes a diet that is rich in fruits, vegetables, whole grains, legumes, low fat (1%) and fat free (skim) milk products, lean meats, skinless poultry and fish.

### Here are some tips for using eggs:

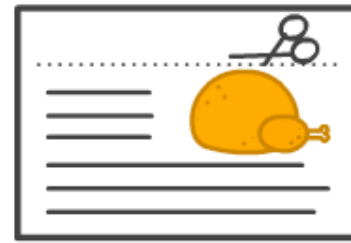
- ♥ **One large egg has about 213 mg of cholesterol.** Healthy people should try to eat less than 300 mg of cholesterol in a day.
- ♥ **People with heart disease should limit egg yolks to 2 each week.**
- ♥ **Egg whites have no cholesterol.** The cholesterol is only in the yolk of the egg. Try using 2 egg whites instead of a whole egg in recipes.
- ♥ **If you eat an egg, try to limit other foods with cholesterol on that day.** Drink 1% or skim milk. Eat lean meats at meals.

Eggs make low cost meals –  
an egg costs only 8¢ to 10¢

# Time is money!

Any time you save in the kitchen will make your life easier.

Try some of these ideas to save time and money in your kitchen:



**\$ Collect quick and easy meal ideas and recipes.** Write your meal ideas on recipe cards so you have quick and easy ideas to grab. (It is too easy to forget a great meal idea if you don't write it down!)

**\$ Make a grocery list and plan meals for the week.** It may take time to plan, but you will save time during the week when you have meals ready to make.

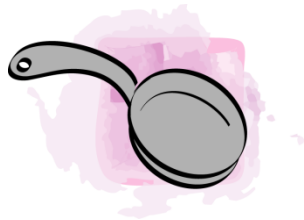
**\$ Try more stir fried meals.** Stir frying is fast and uses less energy than baking.

**\$ Serve one dish meals** – casseroles, dinner salads, soups and stews.

**\$ Make double batches.** Plan to have leftovers for the tomorrow's lunch or dinner. Cook once for 2 to 3 meals!

**\$ Cook on the weekends for the week.** Freeze meals for those busy nights – just heat and serve your dinner!

**\$ Have a few quick and easy meals in your pantry and freezer.** Frozen pizzas, canned spaghetti sauce, pasta and soups can save time on those busy days.



## Chicken Fried Rice

2 tablespoons vegetable oil  
2 cups raw chopped chicken  
1 cup thinly sliced carrots  
1 cup chopped broccoli  
2 tablespoons chopped onion  
3 cups cooked brown rice  
1/3 cup water  
1 chicken bouillon cube  
2 eggs  
1/3 cup milk  
Salt and pepper to taste  
1 tablespoon soy sauce

- 1 Heat oil in a large skillet. Add chopped chicken to hot oil. Cook and stir chicken until meat is no longer pink, about 7 minutes.
- 2 Add carrots, broccoli and onion to chicken. Add water and bouillon cube to chicken. Cook and stir vegetables with chicken over medium heat for 4 minutes. Season with soy sauce, salt and pepper.
- 3 Add rice to chicken and vegetables. Stir together.
- 4 Beat eggs and milk together in a small bowl. Pour milk and egg mixture over rice mixture in skillet.
- 5 Cook over medium heat, stirring gently until eggs are cooked.

8 servings (1 cup) – 209 calories, 6 grams fat, 26% calories from fat and 2 grams fiber in a serving.