



YOUR EGGS —  
YOUR WAY

**Eggs are all-natural and packed with important nutrients – protein, vitamins, minerals and antioxidants – all for 70 calories per large egg.**

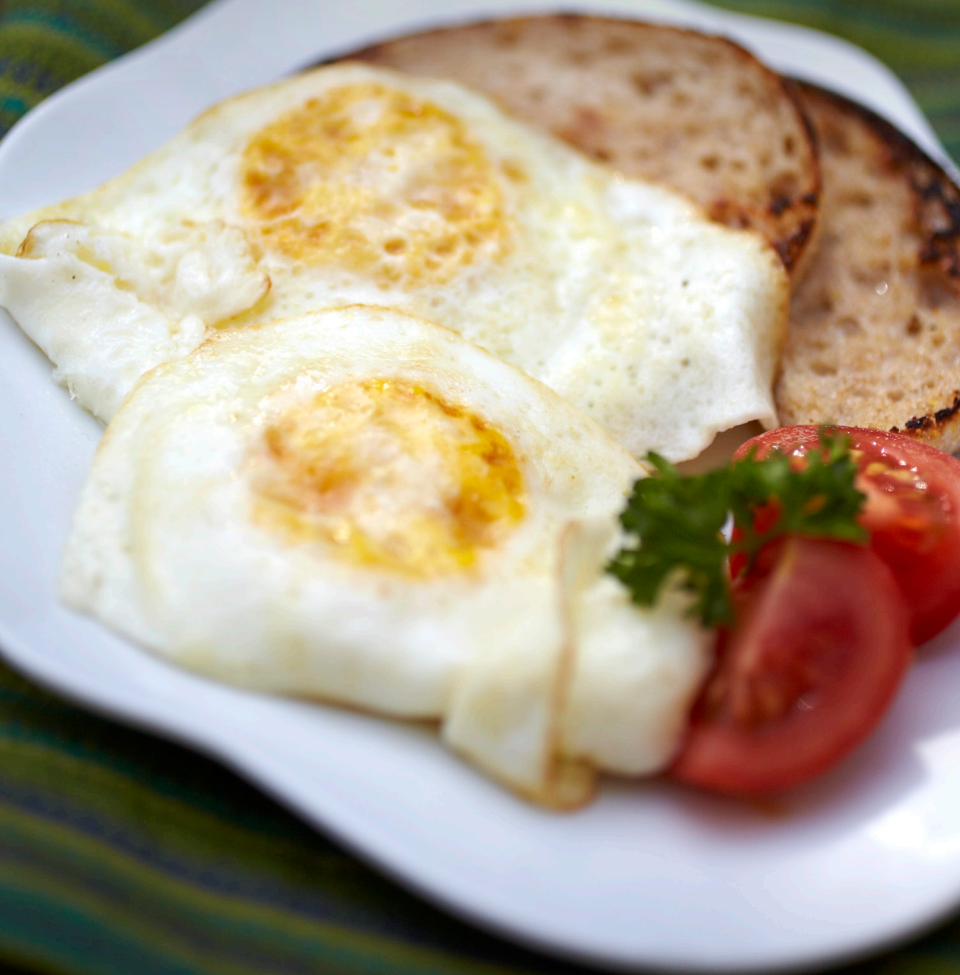
Whether fried, scrambled or even poached, nutrient-rich eggs can be enjoyed your way, everyday!

Master the techniques, and take your egg cooking skills to the next level by trying out these step-by-step lessons. The Incredible Egg offers easy tips and tricks for perfectly cooked eggs every time.

**For more cooking basics and tips, visit [IncredibleEgg.org/Cooking-School](http://IncredibleEgg.org/Cooking-School)**

**For more information on the nutrition and health benefits of eggs, visit [EggNutritionCenter.org](http://EggNutritionCenter.org)**

# BASIC FRIED EGGS



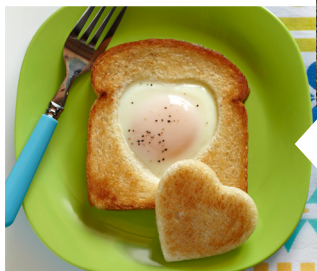
# BASIC FRIED EGGS:



- 1** HEAT 2 tsp. butter, oil or cooking spray in non-stick skillet over medium high heat.
- 2** BREAK, and SLIP eggs into pan, 1 at a time. IMMEDIATELY reduce heat to low.
- 3** COOK SLOWLY until whites are completely set and yolks begin to thicken but are not hard. SLIDE turner under each egg and carefully FLIP it over in pan. COOK second side to desired

HAVE YOU  
TRIED...

**Fried Eggwich:** MAKE 1 basic fried egg, FRY 2 slices Canadian bacon. SERVE on a toasted English muffin with sliced tomato and jack cheese.



**Put an Egg on it Salad:** MAKE 1 basic fried egg and SERVE on a bed of greens and grilled vegetables with your choice of dressing.







Did you know that you can top a fried egg (or any type of egg!) on pretty much everything? Veggies, sandwiches, toast, salad, and more – adding an egg not only amps up the flavor, but the egg boosts the nutritional value of the dish as well. Topping eggs on foods can:

HELP INCREASE ABSORPTION OF IMPORTANT NUTRIENTS.<sup>1,2</sup>

CONTRIBUTE A NUMBER OF ESSENTIAL VITAMINS AND MINERALS.<sup>3</sup>

PROVIDE 6 GRAMS OF PROTEIN PER LARGE EGG.<sup>3</sup>



**Cookie Cutter Toad in a Hole:** CUT OUT center of each bread slice, using a 2 ½ to 3-inch heart, round or other shape cutter; reserve cut-outs. COAT large nonstick skillet lightly with oil. TOAST bread slices and cut-outs on one side in skillet over medium-low heat until golden, about 5 minutes. TURN bread pieces over. BREAK AND SLIP an egg into center of each bread slice. COVER pan and COOK SLOWLY until whites are completely set and yolks begin to thicken but are not hard, 5 to 6 minutes. SEASON eggs with salt and pepper. SERVE immediately.

USE WHOLE GRAIN BREAD FOR ADDED NUTRITION!

# HARD- BOILED EGGS



# HARD-BOILED EGGS:



- 1** PLACE eggs in saucepan large enough to hold them in a single layer. ADD cold water to cover eggs by 1 inch. HEAT over high heat just until boiling.
- 2** REMOVE from burner. COVER pan; LET EGGS STAND in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra-large).
- 3** DRAIN immediately and serve warm. OR, cool completely under cold running water or in a bowl of ice water, then REFRIGERATE.

EGGCELLENT  
PROTEIN SNACKS



MAKE hard-boiled eggs. ADD eggs to a bento box mixed with fresh peppers, tomatoes, olives and hummus for a Mediterranean twist or try seasoning hard-boiled eggs with salt-free lemon and pepper seasoning mix or a low-salt herb mix.

# HARD-BOILED EGGS CONT...

**Hard-Boiled Egg Dippers:** CUT a small x in the larger end of each egg. INSERT a thin bread or pretzel stick, being careful not to split the egg. SERVE the egg pops with your choice of dip and favorite toppers.



## **Salad Nicoise Lettuce Cups:**

PLACE several romaine lettuce leaves on a plate. PLACE drained tuna, diced tomatoes, olives and chopped eggs on the leaves. SPRINKLE with shredded Parmesan cheese.

**Basic Egg Salad:** SLICE 6 hard-boiled eggs. RESERVE 4 slices, chop remaining eggs. MIX  $\frac{1}{4}$  cup mayonnaise, 2 tsp. lemon juice, 1 tbsp. minced onion,  $\frac{1}{4}$  tsp. salt and pepper in medium bowl. ADD chopped eggs and  $\frac{1}{4}$  cup finely chopped celery; MIX well. REFRIGERATE, covered, to blend flavors. Makes about 2 cups egg salad. SERVE on wheat bread or lettuce leaves.

**Roasted Asparagus with Egg slices and Vinaigrette:** PREHEAT oven to 400°F. ARRANGE asparagus on baking sheet. DRIZZLE with olive oil. ROAST 10 to 12 minutes or until lightly browned and cooked through. Meanwhile, WHISK 1 tbsp. lemon juice, 1 tsp. Dijon mustard and  $\frac{1}{4}$  tsp. minced garlic in a small bowl until combined. PLACE in serving bowl. ARRANGE egg slices over asparagus; DRIZZLE with vinaigrette mixture.

IDEAS TO TRY...



# BASIC OMELET



# BASIC OMELET:



- 1** BEAT eggs, 2 tbsp. water, salt and pepper to taste, in a small bowl. HEAT 2 tsp. butter in omelet pan or non-stick skillet over medium heat until hot. TILT pan to coat bottom with butter. POUR in egg mixture (it should set immediately at edges).
- 2** GENTLY push cooked portions from edges toward the center with inverted turner, so uncooked eggs reach the hot pan surface. CONTINUE cooking, tilting pan and gently moving cooked portions as needed.
- 3** When top surface of eggs is thickened and no visible liquid egg remains, PLACE filling (if desired) on one side of the omelet. FOLD omelet in half with turner. With a quick flip of the wrist, turn pan and INVERT or SLIDE omelet onto plate. SERVE immediately.

FILLINGS  
TO TRY...

**Farmers Market Omelet:** PREPARE the basic omelet. Before folding, ADD in  $\frac{1}{8}$  cup each cooked sliced mushrooms, yellow squash, zucchini and  $\frac{1}{4}$  cup red bell pepper.

**Fruit Omelet:** PREPARE your basic omelet, omitting the pepper. Before folding, FILL with sliced strawberries. TOP with Ricotta cheese.



OMELETS ARE A GREAT WAY TO ADD VEGGIES TO YOUR BREAKFAST!

**Asparagus Omelet:**

PREPARE your basic omelet.  
Before folding, FILL with 3 tbsp.  
chopped cooked asparagus and  
2 tbsp. shredded Gouda.

**Spinach and Ham Omelet:**

PREPARE your basic omelet.  
Before folding, ADD  $\frac{1}{4}$  cup each  
shredded Italian cheese blend,  
baby spinach and finely chopped ham.

**Omelet Rancheros:** MIX refried beans and 2 tbsp. salsa in small  
saucepan. COOK and stir over medium heat until heated through; keep  
warm. PREPARE your basic omelet. Before folding, ADD in bean mixture.  
FOLD, top with sour cream.



# POACHED EGGS





# POACHED EGGS:



- 1** HEAT 2 to 3 inches of water in a large saucepan or deep skillet to boiling. ADJUST heat to keep liquid simmering gently.
- 2** BREAK eggs, 1 at a time, into custard cup or saucer. Holding dish close to surface, SLIP egg into the water.
- 3** COOK eggs until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes. Do not stir. LIFT eggs from water with slotted spoon, DRAIN in spoon or rest on a paper towel. TRIM any rough edges, if desired. SPRINKLE with salt and pepper. SERVE immediately.

## THINGS TO TRY...

### Poached Eggs over Veggie Rice:

COOK brown or white rice in low-sodium chicken broth. HEAT 2 tsp. vegetable oil in large nonstick skillet. ADD 2 cups mixed vegetables; cook and stir until vegetables are tender, about 5 minutes. STIR IN 2 cups cooked brown or white rice, 1-1/2 cups shredded Cheddar cheese, 4 oz. reduced-fat cream cheese, 1/2 tsp. garlic salt and 1/2 tsp. pepper; heat through. Keep warm. TOP with 4 to 8 poached eggs.

# POACHED EGGS CONT...

**Spinach Salad with Poached Egg:** COOK some bacon in nonstick skillet over medium heat until crisp. REMOVE from pan, let cool slightly, and CRUMBLE; pour off all but 1 tbsp. drippings. ADD diced onion; sauté over medium heat until tender, about 5 minutes. PUT some baby spinach on a plate, SPRINKLE with bacon, onions, croutons and Parmesan, if desired. TOP with a poached egg. DRIZZLE with vinaigrette, if desired.



**Poached Egg on Avocado Toast:** LIGHTLY TOAST a piece of whole grain bread, SPREAD generously with smashed avocado. TOP with a poached egg. ADD a light sprinkle of parmesan cheese, if desired.

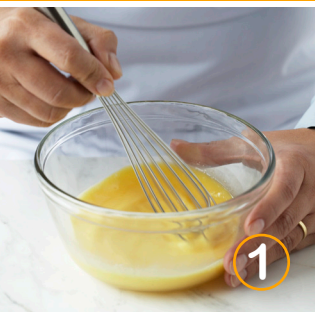
**Eggs Benedict with Smoked Salmon:** LIGHTLY TOAST and butter split English muffins; PUT a couple of slices of salmon on each half. TOP each half with a poached egg, spoon over some hollandaise and garnish with chopped chives.

**Polenta with Prosciutto and Poached Egg:** PLACE warm, prepared polenta in center of plate. SPRINKLE with warmed, crispy pan fried prosciutto, TOP with poached egg. SPRINKLE with shredded parmesan cheese, SERVE warm.

# BASIC SCRAMBLED EGGS



# BASIC SCRAMBLED EGGS:



- 1 BEAT 4 eggs,  $\frac{1}{4}$  cup milk, salt and pepper to taste in a bowl until blended.
- 2 HEAT 2 tsp. butter in large nonstick skillet over medium heat until hot. POUR in egg mixture.
- 3 As eggs begin to set, GENTLY PULL eggs across pan with an inverted pancake turner, to form large soft curds. CONTINUE cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. Do not stir constantly. REMOVE from heat. SERVE immediately.

## SHORT ON TIME?

Try our microwave Coffee Cup Scramble. BEAT 2 eggs in a coffee cup. MICROWAVE on HIGH for 45 seconds. STIR. MICROWAVE for another 30 seconds. Add cheese or chosen toppings and enjoy! (Microwave cooking time may vary.)



### INSIDER TIP:

Mexican-inspired ingredients, like black bean and corn salsa, make this individual microwave egg scramble even more flavorful.



**California Scramble:**

PREPARE basic scrambled eggs. Spoon into a bowl. On top, SPRINKLE with  $\frac{1}{4}$  cup each diced avocado, crumbled turkey bacon, chopped tomato, green onions and shredded cheese. SERVE warm.

**Scrambled Egg,  
Tomato, Basil &  
Mozzarella Panini:**

HEAT panini press. COOK 1 egg and 1 Tbsp. water using Coffee Cup Scramble recipe (see left page). SEASON with pepper. LAYER 1 slice mozzarella cheese, 2 slices tomato, 3 fresh basil leaves and scrambled eggs evenly on two slices of whole wheat bread. GRILL sandwiches on panini press (or on stove) until bread is toasted and cheese is melted



**Egg & Cheese Breakfast Burrito:** PREPARE basic scrambled egg. PLACE cooked egg, 1 Tbsp. shredded Mexican cheese blend and 1 Tbsp. salsa on a 6-inch flour tortilla. FOLD bottom of tortilla over egg, then fold in sides. HEAT burrito either on stove or in microwave, if desired.

# INSIDER TIPS:

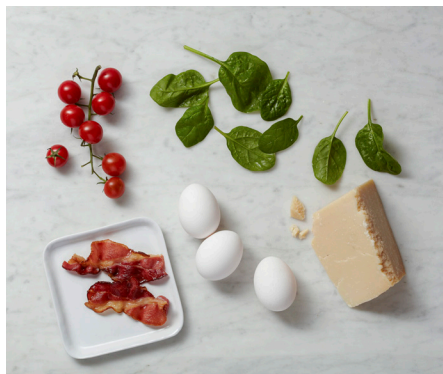
**Fried Eggs:** Fresh eggs produce the perfect, best-looking fried egg – a compact oval with a thick white and high centered yolk. For a neater shape, break eggs into custard cup first, rather than directly into the pan. Hold cup close to the surface of the pan and slip egg from cup to pan.

Heat matters. If heat is too high, eggs will become tough and rubbery. Gentle heat preserves nutrients and allows for even cooking.

**Hard-Boiled Eggs:** Very fresh eggs can be difficult to peel. To ensure easily peeled hard-boiled 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.

Banish the greenish ring. This harmless but unsightly discoloration that sometimes forms around hard-boiled yolks results from a reaction between sulfur in the egg white and iron in the yolk. It occurs when eggs have been cooked for too long or at too high a temperature. Our tips for hard-boiled eggs – cooking eggs in hot, not boiling, water, then cooling immediately – minimizes this green ring.

If there's room: Hard-boiled eggs in their shell can be stored in the refrigerator for up to one week. If peeled, eat hard-boiled eggs that day.





## PREPARE FILLINGS FIRST.

**Omelet:** Omelets cook so quickly, any fillings should be ready to go before starting the eggs. Plan on  $\frac{1}{3}$  to  $\frac{1}{2}$  cup filling per 2-egg omelet. Raw foods should be cooked. Refrigerated foods should be heated; shredded cheese is fine as is. Pieces should be small to prevent tearing the omelet when it's folded.

Omelet pans are shallow and have sloped sides – designed for ease of moving the omelet mixture during cooking and for sliding the finished omelet out. If you don't have an omelet pan, it's best to use a heavy skillet with sloping sides.

**Poaching:** Use very fresh eggs for poaching. They hold their shape better and form fewer wispy threads or “angel wings” in the water. Do not swirl the water when poaching eggs. This creates a vortex that will ruffle the delicate egg protein. Relatively quiet water that is gently simmering produces the best result.

Milk, broth, tomato juice, wine, even a pot of simmering soup, can be substituted for poaching water. Eggs will pick up color highlights from some liquids.



## **American Egg Board**

8755 W. Higgins Road, ste 300  
Chicago, IL 60631

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1. Kim JE, Ferruzzi MG, Campbell WW. Egg Consumption Increases Vitamin E Absorption from Co-Consumed Raw Mixed Vegetables in Healthy Young Men. *J Nutr.* 2016 Nov;146(11):2199-2205
2. Kim JE, Gordon SL, Ferruzzi MG, Campbell WW. Effects of egg consumption on carotenoid absorption from co-consumed, raw vegetables. *Am J Clin Nutr.* 2015 Jul;102(1):75-83
3. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28.