



Give Them More  
of the  
Good Stuff!

## Shop and Save

- ☀ Choose eggs that have been kept refrigerated. Refrigeration helps maintain egg quality and safety.
- ☀ Open the carton and check that the eggs are clean and not cracked.
- ☀ Look for a date on the carton. If kept refrigerated, eggs may still be safe after these dates but the quality will be lower.
- ☀ Most recipes are based on large eggs. You can use medium or extra-large if there are 3 or fewer eggs. Buy the size that costs the least.

Shell color  
does not affect  
egg nutrition or  
safety.

# Egg Basics

Eggs are a low-cost way  
to vary your protein.



## Egg Safety

- ☀ Cook eggs until whites and yolks are firm. Cook egg mixtures until the center of the mixture is fully set (reaches 160 degrees F on a food thermometer).
- ☀ Wash hands and items that touch raw eggs or their shells with soap and water. This includes counter tops, utensils and dishes.
- ☀ Some eggs may look different but are **safe to eat**:
  - Lower-quality eggs have thin, runny whites and yolks break easily.
  - Whites of very fresh eggs might look cloudy.
  - Blood spots might develop on the yolk as it forms.
  - A green ring on a hard-cooked egg yolk can be the result of overcooking, especially if eggs are older.
- ☀ Spoiled eggs smell bad. Throw them away.

## Store Well Waste Less

- Refrigerate eggs in their original carton as soon as possible after purchase. Keep on the refrigerator shelf, not on the door. Use within 3 to 5 weeks.
- Rinsing or washing eggs at home is not recommended. It can actually lead to increased bacterial growth.
- If eggs crack after you buy them, break into a clean container, cover tightly, refrigerate and use within 2 days. Cook thoroughly.
- Egg whites and blended whole eggs can be frozen for up to 1 year. Thaw in the refrigerator. Yolks alone do not freeze well.



## Egg Math

Compare cost between sizes:

Cost per ounce =  
cost/dozen divided by  
ounces/dozen

medium =  
21 ounces/dozen

large =  
24 ounces/dozen

extra-large =  
27 ounces/dozen



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Cooking with Eggs

## Fruity French Toast Casserole

### Ingredients:

- 8 cups **bread** cubes; try whole-grain bread
- 4 **eggs**, slightly beaten
- 1 cup **milk**
- 2 teaspoons **vanilla**
- ¼ cup **sugar**
- 2 cups **fruit**, sliced or chopped – fresh, frozen or canned

### Topping:

- ¼ cup **margarine** or **butter**, softened
- ¼ cup **sugar**
- ½ cup **flour**

### Directions:

1. Lightly oil or spray an 8" x 8" baking dish or 2-quart casserole. Add bread cubes.
2. In a medium bowl, blend eggs, milk, vanilla and sugar. Pour over bread cubes. Stir gently to wet all bread with egg mixture. Top with fruit.
3. Cover with plastic wrap and refrigerate until all liquid is absorbed (30 minutes) or as long as overnight.
4. Just before baking, remove casserole from refrigerator. Preheat oven to 350 degrees F.
5. Make the topping: In a small bowl, combine the softened margarine, sugar and flour until crumbly.
6. Remove the plastic wrap and sprinkle topping over the fruit. Bake until completely set and starting to brown, (160 degrees F in the center), about 35-40 minutes. Serve warm.
7. Refrigerate leftovers within 2 hours.

**Makes** about 8 cups

**Prep time:** 10 minutes + time to soak

**Cook time:** 35-40 minutes

Visit  
[FoodHero.org](http://FoodHero.org)  
for more recipes  
using eggs.

## Perfect Hard-Cooked Eggs

1. Place a single layer of eggs in a saucepan. Add cold water to cover the eggs by at least 1 inch. Heat over high heat just until the water comes to a full boil.
2. Take the pan off the heat and cover with a lid or plate. Leave eggs in the hot water. Time depends on egg size:  
medium – 9 minutes;  
large – 12 minutes;  
extra large – 15 minutes
3. Immediately drain eggs. Serve warm, or cool completely under cold running water or in ice water. Refrigerate within 2 hours of cooking. Use peeled eggs within 2 days or refrigerate in the shell for up to a week.

### Tips for easier peeling:

- Refrigerate the eggs for 7-10 days before cooking. This gives time for the two membranes inside the shell to separate slightly.
- Eggs are easier to peel after cooling.
- Roll the egg gently on the counter until the shell has small cracks all over.
- Start peeling at the large end.
- Hold the egg under cold running water to help loosen the shell.



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- peel hard-cooked eggs.
- cut or tear bread into cubes.
- mix ingredients together.