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Scramble it Up With Eggs

Eggs are a healthy choice any time of day!

Breakfast. Try making **Veggie Quiche Muffins** ahead of time. Pull them out of the refrigerator for a quick and healthy breakfast! Recipe on back.

Lunch. Sprinkle chopped hard cooked eggs on salads. Or roll scrambled eggs into a whole wheat tortilla with cheese, veggies and salsa.

Dinner. Make **Veggie Skillet Eggs**, pictured above. Cook your favorite veggies in a frying pan until soft. Beat eggs with pepper, basil and cheese. Pour egg mixture over veggies and cook about 6 minutes until eggs are set. Top with tomato slices and serve with whole wheat bread.

Snack. Grab a hard cooked egg and a piece of fruit for a healthy snack on the go.

Steps to Hard Cook Eggs



1. Place unshelled eggs in a saucepan.
2. Fill with water until eggs are covered.
3. Bring water to a fast boil.
4. Remove saucepan from heat and cover.
5. Let eggs sit in covered pan for about 15 minutes.
6. Run cold water over eggs until cool.
7. Refrigerate hard cooked eggs for up to 1 week.



Kids Can...

- ✿ peel hard cooked eggs.
- ✿ choose a fruit to eat with an egg.
- ✿ set the table for family meals.

Egg Safety Tips

- ✓ Cook eggs until the yolk and white are firm, not runny.
- ✓ Avoid recipes in which eggs remain raw or are only partly cooked.
- ✓ Cook casseroles and other dishes containing eggs to 160° F.
- ✓ Wash your hands after handling raw eggs. Sanitize kitchen utensils and surfaces that touch raw eggs.

Monthly Food Hero Checklist

- Make hard cooked eggs.
- Have kids peel their own egg.
- _____

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Veggie Quiche Muffins



Ingredients

- 3/4 cup low fat **cheddar cheese**, shredded
- 1 cup **green onion** or **onion**, chopped
- 1 cup **broccoli**, chopped
- 1 cup **tomatoes**, diced
- 2 cups nonfat or 1% **milk**
- 4 **eggs**
- 1 cup **baking mix** (for biscuits or pancakes)
- 1 teaspoon **Italian seasoning** (or dried leaf basil and oregano)
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**



Directions

1. Heat oven to 375 degrees. Lightly oil 12 muffin cups.
2. Sprinkle cheese, onions, broccoli and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

Notes

- Try chopped zucchini or mushrooms as part of the vegetables.
- Use any variety of cheese your family enjoys.
- Bake in a pie pan instead of muffin cups (baking time will be longer).
- Make your own baking mix called **Master Mix**, also found on FoodHero.org.

Serving Size: 1 muffin
Prep time: 10 minutes
Cooking time: 45 minutes

Nutrition Facts

Serving Size 1 muffin (109g)
 Servings Per Container 12

Amount Per Serving

Calories 100 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 440mg **18%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 6g

Vitamin A 4% • **Vitamin C** 10%

Calcium 10% • **Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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