

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.


Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotope, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.



United States Department of Agriculture

What's? Cooking



Cookbook

The Incredible, Versatile Egg



COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND
HUMAN ECOLOGY
FAMILY AND CONSUMER SCIENCES

NOTES

A large, empty rounded rectangle with a thin blue border, intended for taking notes. The rectangle is positioned on the right side of the page, below the 'NOTES' header. It has rounded corners and a consistent blue outline.

NOTES



Table of Contents

Sunny Baked Eggs & Vegetables	3
Flavorful Fried Rice	4
Egg Salad with Wheat Bread	5
Crust-less Spinach Pie	6
Breakfast Burrito with Salsa	7
Fantastic French Toast.....	8

Sunny Baked Eggs & Vegetables

Ingredients

Makes: 6 servings

Cooking spray

1 tablespoon olive oil

1 onion, finely chopped

2 cups sliced or diced vegetables (such as bell pepper, mushrooms, spinach, grated carrots, zucchini, yellow squash, peas, black beans, or tomatoes)

6 large eggs

1/2 cup fat free milk

1/4 teaspoon ground black pepper

4 slices whole grain bread, cut into 1/2-inch cubes (about 4 cups)

1/2 cup shredded cheese

Directions

1. Place rack in center of oven and preheat to 250 degrees.
2. Spray 2-quart baking dish with cooking spray.
3. Heat oil in a 10-inch non-stick skillet. Sauté onion and vegetables for 5-8 minutes, until tender. Remove from heat to cool.
4. Beat eggs, milk, and pepper in a large bowl. Set aside.
5. Arrange bread cubes in bottom of prepared pan. Sprinkle with shredded cheese.
6. Add sautéed vegetables.
7. Pour in egg mixture.
8. Bake uncovered for 45 minutes, until eggs are set. Cook until dish reaches 160 degrees. Cool 10 minutes before serving.

Nutrition Information

Total Calories 200

Total Fat 11 grams

Total Carbohydrate 14 grams

Protein 12 grams

Dietary Fiber 3 grams

Sodium 310 milligrams

Fantastic French Toast

Ingredients

Makes: 3 servings

Cooking spray

2 large eggs

1/2 cup fat free milk

1/2 teaspoon vanilla extract

6 slices whole grain bread

1 teaspoon ground cinnamon (optional)

Directions

1. Preheat a griddle over medium heat, or set an electric frying pan to 375 degrees.
2. While griddle is heating up, make the egg mixture. Put eggs, milk, vanilla, and cinnamon (optional) in a pie pan or shallow bowl. Beat with a fork until well mixed.
3. Spray the warmed-up griddle (or electric frying pan) with cooking spray.
4. Dip one slice of bread in the egg mixture. Flip it over and dip the other side. Place on the griddle. Repeat with a second slice of bread.
5. Cook the slices of bread for four minutes. Using a spatula, flip the bread over. Cook the second side for four minutes, or until golden brown.
6. Repeat this for the remaining slices of bread.
7. Serve with syrup, apple sauce, fruit slices, or jam.

Nutrition Information

Total Calories 200

Total Fat 6 grams

Total Carbohydrate 26 grams

Protein 12 grams

Dietary Fiber 4 grams

Sodium 322 milligrams

Breakfast Burrito with Salsa

Ingredients

Makes: 4 servings

Cooking spray
4 large eggs
1 **tablespoon** fat free milk
2 **tablespoons** corn (frozen)
2 **tablespoons** diced bell pepper
1/4 **cup** minced onion
1 **tablespoon** diced fresh tomato
1 **teaspoon** yellow mustard
1/4 **teaspoon** garlic powder or minced garlic
1/4 **teaspoon** hot pepper sauce (optional)
4 flour tortillas (8-inch size)

Directions

1. In a large bowl, blend the eggs, milk, corn, peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute (until eggs are smooth).
2. Spray a non-stick skillet with cooking spray. Scramble the egg mixture over medium heat until eggs are thoroughly heated and firm. (Temperature should reach 160 degrees.)
3. Wrap tortillas in paper towels and microwave for 20 seconds (until warm). Be careful when unwrapping the tortillas as the steam may be hot.
4. Cut cooked egg mixture into 4 equal pieces and roll one piece in each tortilla. Serve with salsa.

Nutrition Information

Total Calories 245	Protein 11 grams
Total Fat 9 grams	Dietary Fiber 2 grams
Total Carbohydrate 30 grams	Sodium 479 milligrams

Flavorful Fried Rice

Ingredients

Makes: 6 servings

2 **tablespoon** vegetable oil
1 **cup** brown rice, uncooked
1/2 onion, minced
1/2 **cup** carrots, grated or diced
2 **cups** water
4 large eggs
4 egg whites
1/4 **cup** fat free milk
1/2 **cup** frozen peas
2 **tablespoons** low-sodium soy sauce

Directions

1. Place a large skillet over medium heat. Add the vegetable oil to the heated skillet.
2. Cook the rice, minced onion, and carrots in the oil, stirring often until lightly browned.
3. Slowly add water. Reduce heat, cover, and simmer until all the liquid is absorbed (about 45 minutes).
4. Beat eggs and egg whites in a large bowl. Stir in milk, peas, and soy sauce. Pour over hot rice mixture in the skillet.
5. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across the bottom and sides of the skillet. (This allows the egg mixture to cook.)
6. Continue until eggs are firm and temperature reaches 160 degrees.

Nutrition Information

Total Calories 245	Protein 11 grams
Total Fat 9 grams	Dietary Fiber 2.5 grams
Total Carbohydrate 30 grams	Sodium 293 milligrams

Egg Salad with Wheat Bread

Ingredients

Makes: 4 servings

4 large eggs
2 teaspoons pickle relish
1/2 teaspoon salt
1 teaspoon yellow mustard
1/4 cup reduced fat mayonnaise
8 slices whole wheat bread

Directions

1. Gently place the eggs into a 2-quart saucepan. Fill the saucepan with cold water, full enough that the eggs are fully covered. Heat over high heat just until boiling.
2. Remove the saucepan from the burner. Cover with a lid. Let the eggs stand in the hot water for 12 minutes.
3. Using a strainer, drain the eggs.
4. Transfer the cooked eggs to a bowl. Run the eggs under cold water until completely cooled. Drain the bowl and place the eggs in the refrigerator for 10 minutes. (This makes it easy to remove the shell.)
5. Peel the eggs. Use a cutting board to chop the eggs.
6. In a large bowl, mix the chopped eggs, relish, salt, mustard, and mayonnaise. Spread 1/4 of the egg mixture on two slices of bread and serve.

Nutrition Information

Total Calories 260	Protein 8 grams
Total Fat 14 grams	Dietary Fiber 3 grams
Total Carbohydrate 23 grams	Sodium 650 milligrams

Crust-less Spinach Pie

Ingredients

Makes: 2 servings

2 tablespoons butter
1 onion, finely chopped
2 large eggs
1/2 cup flour
1/2 cup fat free milk
2 garlic cloves, minced (or use 1/2 teaspoon garlic powder)
1/2 teaspoon baking powder
1/2 cup shredded mozzarella cheese
2 cups fresh spinach, chopped

Directions

1. Preheat oven to 350 degrees.
2. Melt butter in an 8-inch baking pan or pie pan.
3. In a large bowl, beat eggs. Add flour, milk, garlic, and baking powder. Pour into baking pan.
4. Stir in cheese and spinach.
5. Bake for 30-35 minutes or until slightly golden brown. Temperature should reach 160 degrees.

Nutrition Information

Total Calories 310	Protein 13 grams
Total Fat 16 grams	Dietary Fiber 1 gram
Total Carbohydrate 29 grams	Sodium 410 milligrams