Egg Recipes

Eggs

WIC eggs provide the protein, iron and vitamin A needed to build and repair body cells.

Ways to Use WIC Eggs

- Keep 3 to 4 hard boiled eggs in the refrigerator ready to use as a snack, in salads, sandwiches, vegetable dishes and casseroles.
- Use eggs anytime of the day for omelets, French toast, custard, pudding, cakes, and for main dishes.

EGG SALAD

4 eggs, hard boiled, chopped
¼ c mayonnaise
1 Tbsp relish
½ tsp mustard
¼ tsp salt
¼ tsp pepper

Mix all ingredients in bowl until well mixed. Refrigerate. Makes 2-4 servings.

BREAKFAST BURRITOS

1 flour tortilla
2 eggs, scrambled
¼ c grated low-fat Cheddar or Swiss or Jack cheese

Warm the tortilla in a non-stick skillet. Top the tortilla with the scrambled eggs and sprinkle with the cheese. Fold and serve warm. Makes 1 serving.

CUSTARD PIE

4 eggs
½ c sugar
¼ tsp. salt
2 ½ c milk
9” unbaked pie shell
nutmeg

Preheat oven to 475. Mix eggs, sugar and salt. Heat milk. Stir milk into egg mixture. Pour into pie shell and sprinkle nutmeg on top. Bake for 5 minutes. Reduce temperature to 425. Bake 10 to 15 more minutes or until knife inserted in center comes out clean. Makes 8 servings.

FRENCH TOAST WITH FRUIT

2 eggs
4 slices bread
2 Tbsp. milk
fresh, frozen or canned fruit

Beat together eggs and milk in shallow bowl. Heat skillet on medium heat. Add 2 teaspoons margarine to skillet. Cook on each side until lightly browned. Top with fruit. May sprinkle powdered sugar on top.

c=cup
Tbsp=tablespoon
tsp=teaspoon

Adapted from the Oklahoma State Department of Health

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