

# IOWA

## Student Wellness

### Five Ways to Cook Eggs:

#### ***Hard-cooked (hard “boiled”):***

1. Place eggs in a single layer in a medium sauce pan.
2. Add cool water to pan, covering eggs by one inch.
3. Bring water to a boil quickly over high heat.
4. Immediately shut off heat, cover pan and let the eggs sit for 15 minutes.
5. Drain off hot water and cover the eggs quickly with very cold water; cool for 2-3 minutes.
6. Eat immediately or refrigerate the eggs in their shell for up to one week.



**Serving tips:** add sliced hard cooked eggs to a lettuce or spinach salad; mix with a little light mayo & Dijon mustard for a sandwich filling or spread on whole wheat crackers; pair with 1 - 2 slices of whole wheat toast for a quick breakfast.

#### ***Fried:***

On the stove top -

1. For 1 – 2 servings, spray a small (7-8 inch) frying pan with cooking spray.
2. Heat pan over medium high until a drop of water sizzles.
3. Break 1 – 2 eggs into pan and immediately reduce heat to low.
4. Cook eggs until the whites are set and the yolk begins to thicken; turn eggs to cook other side. “Break” the yolk and continue cooking for a firm, non-runny yolk.

In the microwave –

1. Spray a small bowl with cooking spray.
2. Crack an egg into the bowl and break the yolk (can also add salt & pepper if desired).
3. Cover with a paper towel.
4. Place in the microwave for 1 minute.
5. Allow 1 minute to let the microwave fried egg settle down a bit.

**Serving tip:** make a fried egg & cheese sandwich on whole wheat bread, toasted whole wheat English muffin or whole wheat bagel.

#### ***Scrambled:***

On the stove top –

1. For 1 – 2 servings, crack 1 – 2 eggs into a small bowl.
2. Add 2 tablespoon milk (and salt & black pepper if desired); beat with a fork until blended.
3. Spray a small (7-8 inch) frying pan with cooking spray.
4. Heat pan over medium high until a drop of water sizzles.
5. Pour in egg mixture; as eggs begin to set, stir with a wooden spoon or pancake turner.
6. Continue to cook until eggs are thickened and no visible egg liquid remains.

In the microwave –

1. For 1 – 2 servings, crack 1 – 2 eggs into a small microwave safe bowl.
2. Add 2 tablespoon milk (and salt & black pepper if desired); beat with a fork until blended.
3. Place the bowl in the microwave & cook the eggs on high for one minute, then stir.
4. If eggs are not yet set, microwave for another 30 seconds (when finished the eggs should not be runny).

**Serving tip:** add in diced vegetables (like onion & bell peppers) for a zesty twist.

**Food safety note:** Fresh, raw eggs, in their shell may be stored **in the refrigerator** for 3 – 5 weeks. Do **NOT** eat raw eggs; always cook eggs thoroughly to avoid foodborne illness.