

Eggs Three Ways

One-Mug Omelette

Ingredients

Oil for greasing

1 egg

2 tablespoons milk or water

Salt and pepper to taste

Additions such as diced onion, bell pepper, tomatoes, cooked broccoli, and fresh or frozen spinach



Directions

Grease a mug with oil. In a bowl, use a fork to beat the egg, milk or water, salt, and pepper. Mix in your choice of additions. Pour the mixture into the mug. Microwave for 1 minute. Check that the egg is fully cooked and not wet. If it is still wet, microwave for an additional 30-60 seconds.

Veggie Scramble Wraps

Ingredients

Nonstick cooking spray

1 cup mixed vegetables (*chopped, fresh, or frozen*)

4 eggs or 1 cup egg substitute

2 6-inch flour tortillas

1/4 cup grated cheddar cheese



Directions

Spray a medium skillet with nonstick cooking spray and heat over medium heat. Cook vegetables until tender, about 5 minutes. Add eggs and stir until thoroughly cooked, about 5 minutes. Warm the tortillas in the microwave for 5-10 seconds. Place half the egg mixture in each tortilla and sprinkle with cheese. Wrap the tortilla around the egg mixture and enjoy.

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Hard Boiled Eggs in the Oven

Directions

Preheat oven to 325°. Place eggs in a muffin tin to prevent them from rolling around. Cook for 30 minutes. After the 30 minutes, remove eggs from the oven and place them in a bowl of ice water for 10 minutes to stop the cooking process.



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Fun Facts

- Eggs are one of the few dietary sources of vitamin D which helps boost your immune system and mood.
- It takes a hen between 24 and 26 hours to develop an egg.
- Most people assume that brown eggs are better for you because they cost more. This is not true. Brown eggs cost more simply because the hens that lay them are physically bigger and need more food. The increase in cost of production per egg gets passed onto consumers.



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