



NORTH
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FNP News

Family
Nutrition
Program

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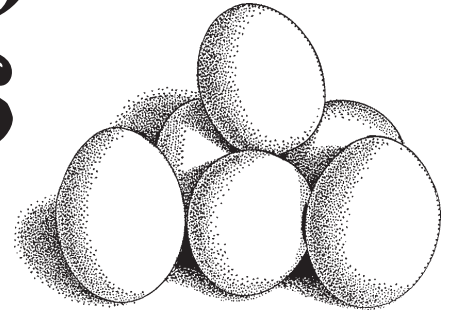
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Egg-citing News about Eggs



Eggs are a great buy. They're nutritious and an inexpensive protein source.

In fact, if a dozen large eggs cost \$1.20, that's only about 80 cents per pound.

Plus, eggs are quick to make and useful in a wide variety of recipes.

Do you know the answers to these questions about eggs?

Are eggs good for you?

Eggs have gotten some bad publicity over the years. Many nutritionists now say that eating an egg a day is OK for most healthy people (but check with your doctor or dietitian if you're on a special diet).

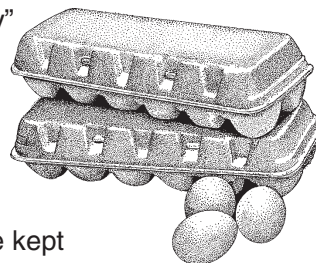
Eggs are the "gold standard" for high quality protein. One large egg has about 70 calories, 6 grams protein, 5 grams of total fat, 1.5 grams of saturated fat and 215 milligrams of cholesterol.

Saturated fat is now recognized as something to reduce in the diet to keep our hearts healthy. One egg provides just 8 percent of the daily recommendation for saturated fat.

How long do eggs stay fresh? What does the date mean?

Eggs are safe to use at home for four to six weeks after purchase. Over time, the whites may become "runnier" but the eggs are still safe.

Eggs often carry a "sell by" date. Grocery stores should not sell eggs after this date; however, consumers can still safely use the eggs for several weeks as long as they are kept refrigerated at 40 degrees or lower.



I have some uncooked recipes that call for raw eggs or egg whites. Are these safe?

It is not considered safe to eat raw egg yolks or whites. Eggs may contain *Salmonella*, a type of bacteria that is especially dangerous for the very young, old and immune-compromised. If you can't find a similar recipe using cooked eggs, use pasteurized eggs for whole eggs or meringue powder for egg whites in uncooked recipes that call for raw eggs. Use a food thermometer to check doneness of egg-containing menu items. They should reach 160 degrees.

When I hard boil eggs, they get a green ring around the yolk. What am I doing wrong?

Hard boiling causes a chemical reaction that may lead to darkening around the yolks. Instead, follow this "hard cooking" procedure:

- Place eggs in a single layer in a pan and add cool water to come at least 1 inch above the eggs.
- Cover and bring to boiling.
- Turn off heat, keep pan covered and remove from stove.

Can hand gels or sanitizers take the place of hand washing during food preparation? Why do they use them in many hospitals?

Hand gels aren't a good substitute for hand washing in the kitchen.

Bacteria and other germs on food are best removed from hands with soap, water and scrubbing for at least 20 seconds.

Hand gels are OK when there's no sink nearby, such as when you're camping or having a picnic.



Different types of bacteria are found in hospitals compared with kitchens. Hands can become "greasy" from handling fat-containing foods, too. This can prevent bacteria from being easily inactivated with sanitizers.

If I drop food on the floor and pick it up within 5 seconds, is it still safe to eat?

Floors may look clean but they may harbor dangerous bacteria. Researchers recently tested the "5 second rule" using cookies and candy, items that consumers often retrieve from the floor. The foods easily picked up bacteria, like *E. coli*, within 5 seconds. The best bet for your health: toss foods that land on the floor.

Impossible Brunch Pie

- 4 slices bacon, cooked crisp and crumbled (or use ½ c. chopped cooked ham, chicken or turkey)
- 1 10-oz pkg. frozen broccoli, spinach or asparagus, thawed and chopped
- 1 c. low-fat sour cream
- 1 c. low-fat cottage cheese, small curd
- ½ c. baking mix (such as Bisquick)
- ¼ c. butter or margarine, melted
- 2 eggs
- 1 tomato, peeled and sliced
- ¼ c. parmesan cheese

Makes 6 servings.

Each serving has 280 calories, 8 grams fat and 14 grams carbohydrate, 20 percent of the daily recommendation for calcium, 60 percent of the daily recommendation for vitamin C.

Brown bacon and crumble. Heat oven to 350 degrees. Grease a 10-inch pie plate (or square pan) and spread chopped broccoli, spinach or asparagus on the bottom. Top with crumbled bacon or chopped meat. Mix sour cream, cottage cheese, baking mix, butter or margarine and eggs. Pour mixture over bacon or chopped meat. Top with tomatoes and parmesan cheese. Bake for 35 minutes at 350 degrees until knife inserted in center comes out clean and the internal temperature reaches 160 degrees. Cool 5 minutes before serving.