



# From the Food Bank Kitchen

## Egg Myths and Facts

Eggs are an inexpensive, source of 6 grams of high-quality protein as well as many other vitamins and minerals, all for 70 calories in a large egg. Eggs help meet a variety of nutrient needs for all ages. They help with weight management, muscle strength, healthy pregnancy, brain function, eye health, and so much more! We can use eggs as part of breakfast, lunch, dinner or even a snack. They can easily be cooked on the stove, in an oven, or microwave. Prepare them scrambled, as an omelet, poached, hard-boiled, or in pancakes, quiches, casseroles, frittatas, and desserts like bread pudding. Despite all of their health benefits, many people still hesitate to eat many eggs. Here are some other common myths and facts our nutrition staff would like to share with you:

**MYTH: Brown eggs are healthier than white eggs**

**FACT:** Nutrients and taste are identical between brown and white eggs. The color of an egg is effected by the type of hen; the cost of brown eggs is slightly higher to reflect the higher production costs from brown hens.

**MYTH: Eggs are not safe to eat after the date indicated on the carton.**

**FACT:** As long as eggs have been kept refrigerated at 40 degrees or lower, it is safe to consume them for 4 to 5 weeks beyond the date on the carton.

**MYTH: Eggs have too much cholesterol; egg whites are better for your health.**

**FACT:** The latest medical research indicates that eating up to about 10 eggs per week doesn't raise cholesterol or risk of heart disease.

**MYTH: Eating raw eggs will give me salmonella.**

**FACT:** This is not a myth, it can be true! Raw egg can be contaminated with the food borne bacteria, salmonella. Contamination can be avoided by cooking an egg fully and using pasteurized eggs in for recipes calling for raw egg, like Caesar dressing or homemade ice cream.

What about dried eggs? Dried powdered eggs are regular chicken eggs in a dehydrated form. To replace 1 large egg in a recipe, use 2 Tbsp egg powder with 3 Tbsp cold water. (Tip: for a smooth texture, whisk together and let sit in the fridge 15 minutes to chill before using). Benefits include convenience, shelf life, no need to refrigerate, and no messy broken eggs.

For additional egg facts and safety information, check out [eggnutritioncenter.org](http://eggnutritioncenter.org) or [fda.gov](http://fda.gov)

### Hearty Egg Burritos

Serves 4, 1 burrito per serving

Adapted from [Cooking Matters](#)

- 3 green onions (scallions), rinsed and sliced
- 1 medium red or green bell pepper, rinsed & diced
- 1 medium clove garlic, peeled and minced
- 2 oz grated cheddar, Monterey Jack, or Colby cheese
- 1 (15½ oz) can black beans, no salt added
- 1 Tbsp canola oil
- 4 large eggs
- ¾ tsp ground cumin, divided into ½ and ¼ tsp

- ¼ tsp ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas
- Optional: ¼ c fresh cilantro leaves, rinsed and chopped (or substitute 1 Tbsp dried)

Nutrition Facts per burrito: Calories 340, Fat 8 gm, Saturated Fat 2 gm, Sodium 510 mg, Carbohydrate 45 gm, Fiber 9 gm, Protein 20 gm

Directions: Drain and rinse beans. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic once oil is hot. Cook peppers until soft, about 3 minutes. Add ½ tsp of the cumin and black pepper. Transfer mixture to a plate. In a small bowl, crack eggs. Add remaining ¼ tsp cumin. Beat mixture lightly with a fork. Wipe out skillet with a paper towel. Coat with a non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3-5 minutes. If using cilantro, add now. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. (Optional: add a spoonful of plain yogurt to each tortilla). Fold tortilla over mixture and serve. *If desired, add fresh salsa and any other steamed, sautéed or grilled veggies.*

*Burritos can be frozen for up to 1 week. Wrap tightly in plastic wrap, cover with aluminum foil, and freeze. To reheat in the microwave, remove foil and plastic. Microwave 1½ to 2 minutes, turning as needed. Or, remove plastic wrap and re-cover in aluminum foil and heat in a toaster oven or regular oven at 300°F for about 6 minutes.*