

4/1/76
45m

L-1257

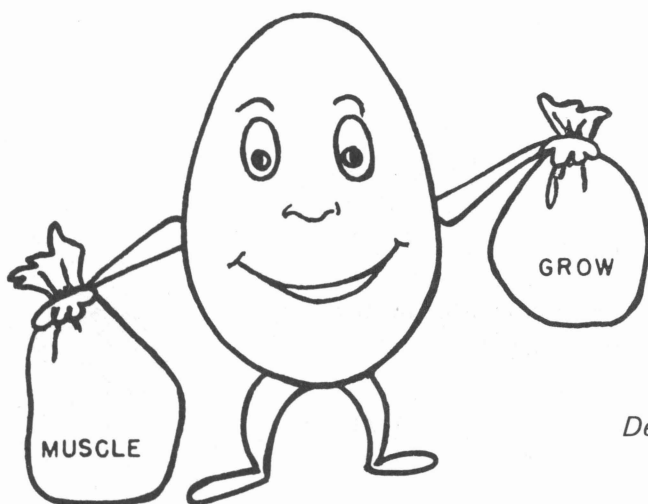
F&N 5

CR:EO



FAMILY NUTRITION NEWS

Eggs for Protein



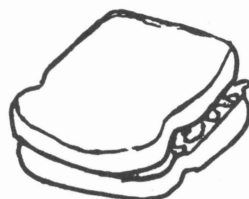
Dear Homemaker,

Eggs are a versatile food. That means they can be used in many ways when you cook. You can eat eggs for breakfast, lunch, dinner or snacks. Eggs also make sandwiches nutritious and are delicious in desserts like pies.

When you serve eggs, you're giving your family a real boost toward meeting the day's nutritional need for protein. Protein builds and repairs muscles and other cells of the body. Children need protein in order to grow. Egg yolks are a good source of the nutrients iron and vitamin A.

Sincerely,

Name and title



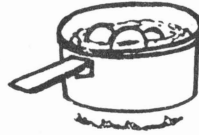
You can have your eggs

● FRIED

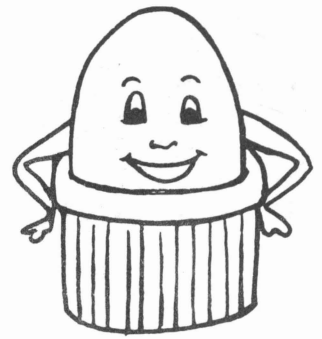


● SCRAMBLED

● SOFT-COOKED



● HARD-COOKED



Remember, always cook eggs at moderate to low heat.

Overcooking eggs will make them dry and rubbery.

For a nutritious snack try this dessert:

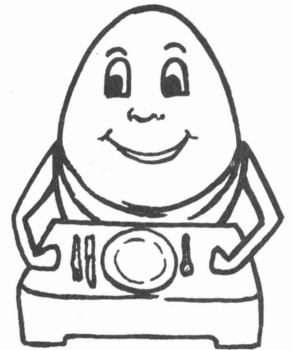
BAKED CUSTARD

3 cups milk
4 eggs

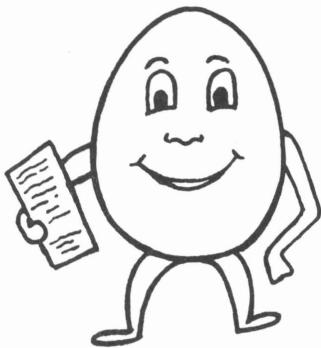
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Heat milk until hot but not boiling. Beat eggs. Mix in sugar and salt. Stir in hot milk. Add vanilla. Pour into baking pan.

Bake at 300° F. (slow oven) about 1 hour, or until the blade of a knife stuck in the center comes out clean. Makes 6 servings, 2/3 cup each.



MORE INFORMATION . . .



When you shop in your food store, you'll see grades AA and A. These grades assure you of high quality and safe eggs. They have the same nutritional value. The sizes of eggs, like Extra, Large or Medium means the weight of the egg. Always buy eggs from refrigerated cases. Look for clean, unbroken shells. The color of the shell does not affect grade, nutrition or flavor.

Keep eggs in the refrigerator with large ends up, as this keeps the yolk in the center. Eggs may be kept in the refrigerator for 1 month before they will spoil. Leftover egg whites may be stored in a tightly covered container. Yolks should be placed in a container and covered with cold water to keep them from drying out.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.