

EGGS

This month, we're turning the spotlight on eggs, a staple in diets around the world due to their excellent source of protein, versatility in cooking, and their role in baking and culinary arts. From scrambled to poached, eggs play a vital role in daily nutrition and culinary creations. Let's dive into the world of eggs, highlighting how to select, store, and cook them, along with sharing some delicious and nutritious recipes.

SELECTION, STORAGE & COOKING

- When selecting eggs, look for clean, uncracked shells. Fresh eggs will sink in water and have little to no movement when shaken gently.
- Store eggs in their original carton in the coldest part of your refrigerator to maintain freshness for up to 3-5 weeks.
- Eggs can be cooked in a variety of ways: boiled, scrambled, poached, fried, or baked. They are also used in sauces like hollandaise, in baking as a binding agent, and even raw in some culinary products like mayonnaise.

NUTRITIONAL VALUE

Eggs are a nutritional powerhouse, containing high-quality protein, vitamin B12, selenium, and choline. They are one of the few food sources of vitamin D, which is important for bone health and immune function.

SEASONAL AVAILABILITY

Eggs are available year-round, thanks to modern farming practices. However, some free-range or backyard chickens may produce fewer eggs during the shorter days of winter.



AUTUMN EGG & HAM BITES

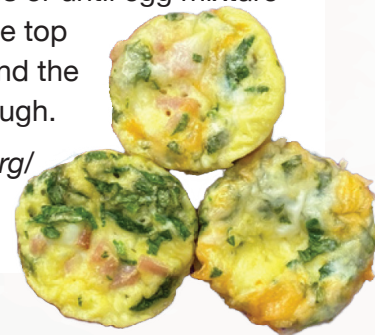
Ingredients:

- Vegetable oil spray
- 10 large eggs
- 1/2 cup milk
- 1/2 tbsp onion powder
- 1 cup spinach, finely chopped
- 4 slices Canadian bacon or ham, diced
- 3/4 cup shredded cheese

Directions:

1. Preheat oven to 350° F.
2. Spray mini muffin tin with vegetable oil.
3. In a medium bowl, beat the eggs, milk and onion powder.
4. Add the spinach and diced meat into the egg mixture.
5. Pour out evenly, filling about halfway into all 24 mini muffin cups. Add 1/2 tsp of cheese to the top of each muffin cup.
6. Bake for 15 minutes or until egg mixture looks puffed up, the top is golden brown, and the egg is cooked through.

Source: www.cacfp.org/2022/06/29/autumn-egg-ham-bites



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month



PARTS OF AN EGG

Use the words from the word bank to fill in the blanks for the parts of an egg.

Adapted from: agclassroom.org/matrix/lesson/541

WORD BANK

GERMINAL DISC

YOLK

EGG WHITE

AIR CELL

SHELL

CHALAZAE

1.

Holds oxygen for the chick to breathe.

2.

Has more than 7,000 tiny pores that allow oxygen to pass into the egg and carbon dioxide to escape.

3.

Also called the albumen, this part cushions the egg yolk floating within it and is the main source of protein and water for the embryo.

4.

Cords on two sides of the yolk that keep the yolk floating in the center of the albumen.

5.

Provides food for the embryo. It is made up of fats, carbohydrates, proteins, vitamins, and minerals.

6.

White spot on the yolk. This is where the female's genetic material is found.

