



Helping Mississippians live happier, healthier lives!

EGGS

Eggs are an “egg-cellent” source of protein and many other important nutrients that our bodies need to be healthy! They are low in cost and can be used to make delicious meals or snacks. Whether you are in a hurry and need a quick and easy breakfast or if



you just want a simple, flavorful, and protein-packed tuna salad sandwich for lunch, eggs are for you! You can buy eggs year-round in Mississippi—most commonly as fresh, liquid, or frozen. They can be found at supermarkets, grocery stores, convenience stores, and farmers markets.

SELECT

- Only buy eggs sold from a refrigerator or refrigerated case, unless you buy them fresh and they were not refrigerated.
- Avoid eggs that are cracked or dirty.
- Buy eggs before the “sell by” date on the carton.
- If whole fresh eggs are not in stock, look for liquid, frozen, or dried forms of eggs.
 - For reference, one medium egg equals 1.75 ounces; one large egg equals 2 ounces; and one extra-large egg equals 2.25 ounces.

STORE

- Refrigerate eggs as soon as you get home.
- Keep eggs in the carton and store in the coldest area in the refrigerator. Do not store eggs in the refrigerator door.
- Use uncooked eggs within 3 weeks.
- Hard-cooked eggs: use within a week after cooking.
- Frozen eggs: use within 1 year after freezing.



PREPARE

- Cook eggs until both the yolk and egg white are firm. Note: Scrambled eggs should not be runny.
- Casseroles or other egg recipes should be cooked to 165°F. Use a food thermometer to be sure.
- Use pasteurized eggs for recipes that call for raw or undercooked eggs (like Caesar salad dressing and homemade ice cream).
- Refrigerate any item that contains eggs within 2 hours after cooking.



FUN WITH FOOD CHILDREN CAN HELP:

- At the grocery store, children can check to see if eggs are cracked.
- In the kitchen, children can crack open raw eggs or peel hard-boiled eggs.



ENJOY



EGG MUFFINS

- 6 large eggs
- ½ teaspoon pepper
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- Vegetable oil or vegetable oil cooking spray
- ½ cup fresh spinach
- ½ cup grape tomatoes
- 1 cup shredded mozzarella

1. Preheat oven to 350°F.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. Whisk together eggs, pepper, salt, and garlic powder in a medium bowl.
4. Coat 12-cup muffin pan with vegetable oil cooking spray. Add egg mixture to fill each muffin pan cup half full to prevent overflow.
5. Wash spinach and pat dry with paper towel.
6. Roughly chop or tear into pieces.
7. Wash tomatoes and cut in half.
8. Top egg mixture in each muffin cup with equal amounts of spinach, tomatoes, and mozzarella.
9. Bake for 15 minutes. Remove muffin pan from oven and let stand for 5 minutes before serving.
10. Refrigerate any leftovers within 2 hours.

LEARN MORE:

► For more information about eggs and how to use leftovers, visit [HappyHealthy.MS](https://www.happyhealthy.ms) and click on Tips and Videos.

- How to Use Leftovers



TUNA SALAD

- 2 12-ounce cans tuna packed in water
- 1 hard-boiled egg
- 1 stalk celery
- 1 onion, small
- ½ cup low-fat mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon black pepper

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Drain tuna and add to bowl.
3. Peel and chop hard-boiled egg and add to bowl.
4. Wash celery stalk and lay it on a cutting board.
5. Cut off both ends and cut into 4–6 strips lengthwise, depending on width. Cut crosswise until all pieces are chopped. Add to bowl.
6. Peel onion and cut into small pieces. Add to bowl.
7. Add mayonnaise, mustard, and pepper to bowl and mix. Refrigerate until ready to serve.
8. Refrigerate any leftovers within 2 hours.



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

Publication 3994 (POD-04-24)

By **Madison Ainsworth**, Mississippi State University Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

Mississippi State University is an equal opportunity institution. Discrimination in university employment, programs, or activities based on race, color, ethnicity, sex, pregnancy, religion, national origin, disability, age, sexual orientation, gender identity, genetic information, status as a U.S. veteran, or any other status protected by applicable law is prohibited.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. ANGUS L. CATCHOT JR., Director