

RECIPE for health

APRIL 2012

In partnership with Health4U and Culinary Services

Featured Food:

EGGS



By Peggy Crum, RD, Health4U Nutritionist

What's for dinner? How about eggs? The penny-pincher's perfect protein package can be found in most refrigerators in the U.S. They are quick to crack and easy to prepare.

A dozen tips for a good egg:

- Buy only refrigerated eggs. Keep them cold until ready to use then take out only what you need.
- Raw eggs in the shell [keep refrigerated for a few weeks](#). Once cooked, a few days.
- When cooked in the shell, older eggs peel easier than fresh eggs. Aim for eggs aged 10 days or so.
- To make the perfect "hard-boiled" egg, don't boil it. Place eggs in a pan, add water to cover by an inch, cover and bring just to a boil. Remove from heat. Let sit 10 minutes. Move the eggs to ice water until cooled completely.
- Brief cooking and rapid cooling keep that greenish gray discoloration from forming on the yolk of a hard-cooked egg.
- A hard-cooked egg peels easiest if you crack it all over and begin peeling at the large end.
- For pretty poached eggs, use the freshest eggs. Crack each one into a bowl then slide it into a large slotted spoon to let the runniest part of the white drain away for a few seconds. Gently slide it into simmering water for 3 to 5 minutes.
- Poached eggs hold for 15 minutes without overcooking in a pan of 150°F water.
- The best scrambled eggs are slow cooked. Whisk just eggs (no water or milk) plus a pinch of salt and pepper. Pour eggs into the pan as the butter begins to bubble. Use a heat proof spatula to scrape and stir from the bottom of the skillet.
- "Omelet" means thin plate. Use a skillet large enough for the egg mixture to form a thin layer that cooks in a minute. For instance, use a medium frying pan for a three egg omelet.
- Vegetables and meats added to scrambled eggs and omelets should be pre-cooked, drained and added warm.
- Never leave egg dishes at room temperature for more than an hour. That goes for eggs dyed for Easter, too.

Egg and Spinach Bake

Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services.

6 Servings

- 8 ounces coarsely grated Gruyère cheese
- 1 ½ cups loosely packed baby spinach
- 3 Tablespoons chopped chives
- 10 large eggs
- 1 ¼ cups milk
- ¼ teaspoon salt
- ¼ teaspoon pepper

Preheat oven to 350°F with rack in middle.

Lightly mist 6 (4oz.) ramekin dishes or oven proof soup cups with non-stick cooking spray.

Distribute Gruyère cheese, spinach and chives evenly in dishes.

Blend eggs, milk, salt and pepper until smooth.

Pour egg mixture over cheese and vegetables in dishes. Bake until puffed, set and golden, 20 to 25 minutes. Serve warm or at room temperature.

Egg and Spinach Bake will be served for lunch at Brody Square, The Gallery at Snyder-Phillips, and Riverwalk Market on April 18.

Visit www.eatatstate.com for dining hall hours and menus.

Also on April 18: [Recipe for Health Cooking Series](#) meets in the Brody Square Demonstration Kitchen. For details, please visit our [website](#) - or reserve your spot in the audience at 353-2596 or health4u@msu.edu.

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