

Upside-down Lunch

Breakfast food offers many healthy choices. Eggs are a popular choice and are high in protein. Traditionally, eggs are considered a breakfast food. Try mixing up this idea and serving eggs for lunch. Call it the mixed-up lunch or upside-down lunch. Serve with orange juice or milk.

* Always know of children's allergies to food and choking hazards to food. The USDA recommends not offering eggs to children younger than eight months, and not offering egg whites to children younger than one year because of infant allergic reactions.

Egg in a Mug

(basic recipe; serves one)

1 egg
1 tablespoon water or fat-free milk
Non-stick vegetable spray
1 microwavable mug or bowl

Spray the inside of a microwavable safe mug with non-stick vegetable spray. Add egg and water or milk. Beat well with fork. Cover with waxed paper and microwave on full power for 30 seconds. Stir. Cook an additional 30 seconds. Serve with whole wheat toast.

Egg in a Wrap

Use the above recipe. At the end of the first 30 seconds of cooking, stir in 1-2 tablespoons salsa; replace the waxed paper with one whole wheat tortilla to cover the mug. Cook an additional 30 seconds. Remove from microwave and put egg onto tortilla. Fold tortilla and serve.

Egg in a Nest

1 egg
1 piece of whole wheat toast with circle (or chosen shape of choice) cut out of middle
Small pat of butter
Cookie cutter or knife

Place butter in pan and melt over medium low heat. Add bread. Cook for 1-2 minutes and turn over. Crack egg and add egg to center of the toast. Cook 2-3 minutes or until set. For firmer eggs, cook longer or flip and cook other side.

Green Eggs and Ham

2 eggs
½ cup chopped spinach
½ cup chopped lean cooked ham
¼ cup shredded cheese of choice
Salt/pepper (optional)
Cooking spray

Gently mix all ingredients in a mixing bowl. Spray pan with vegetable cooking spray. Add ingredients to pan once pan is warm and coated with cooking spray. Cook over medium heat while carefully stirring eggs with spatula. Read Dr. Seuss's Green Eggs and Ham while enjoying your green eggs and ham!

Safe Egg Ideas from the Center for Food Safety and Applied Nutrition:

Buy eggs only if sold from a refrigerator or refrigerated case (refrigerate promptly) – Open the carton and make sure that the eggs are clean and the shells are not cracked. Store eggs in their original carton and use them within three weeks for best quality.

Keep everything clean – Wash hands, utensils, equipment, and work surfaces with hot, soapy water before and after they come in contact with eggs and egg-containing foods.

Cook thoroughly – Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.

Serve safely – Serve cooked eggs and egg-containing foods immediately after cooking.

Chill properly – Cooked eggs, including hard-boiled eggs, and egg-containing foods should not sit out for more than two hours. Within two hours either reheat or refrigerate. Use hard-cooked eggs (in the shell or peeled) within one week after cooking. Refrigerate leftover cooked egg dishes and use within three to four days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers so it will cool quickly.

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www.fda.gov, www.cfsan.fda.gov/~dms/fs-eggs.html, www.cfsan.fda.gov/