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Eggs are an excellent source of protein. They are inexpensive and can be a healthy part of your diet. Weighing in at 70 calories for large eggs, this makes a great choice for protein on your plate. Eggs are great for any meal of the day.

You do need to have some basic facts for egg safety. Be sure to run eggs under cold water before using. This will help remove contaminants from the shell of the egg. If you happen to crack an egg and a piece of the shell gets into the egg, the best way to get the shell out is by using the remaining shell since it is not a foreign matter, the piece of shell will cling to the shell you are using to take it out of your egg. Be sure to cook your eggs thoroughly. Runny yolks, while they may taste good to you, run the risk of being a food safety hazard. If the egg is contaminated the best way to avoid foodborne illness is to be sure it is fully cooked. For more information on the safe handling of eggs see: <https://eggsafety.org/how-can-i-help-you/>

Eggs can be the perfect on the go breakfast for you and your family. Here is a recipe that will sure to please your family!

Yield: 18 mini quiche cups  
Ingredients:

- 2 eggs
- 2/3 cup low-fat milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 green onion, gently rubbed under cold running water
- 1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)

- 1/4 - 1/2 cup shredded low-fat cheese

#### Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 350°F. Spray mini muffin cups liberally with cooking spray and set aside.
3. Crack eggs separately into a small bowl then pour into a larger bowl. Wash hands with warm water and soap.
4. Add the milk, salt and pepper to the eggs; beat until blended.
5. Finely chop the green onion, vegetable(s) and/or meat.
6. In a medium bowl, combine the onion, vegetable(s), meat and cheese. Divide evenly into each muffin cup.
7. Pour egg mixture over vegetable(s), meat and cheese.
8. Bake for 15 - 17 minutes or until filling is puffed and golden. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold.
9. Store leftover mini quiches in a covered container in the refrigerator or freezer.

#### Nutrition Information:

- Calories 73
- Total Fat 3.7g
- Sodium 223mg
- Total Carbohydrates 3.8g
- Protein 6.2g

For more resources on egg recipes, visit <https://food.unl.edu/>

Have a happy and healthy summer! [ranae.aspen@unl.edu](mailto:ranae.aspen@unl.edu)