



HEALTHY WAYS FROZEN EGGS



Tips/facts/info/etc.

Instructions:

- Prior to use, the eggs should be thawed for 2 to 3 days in the refrigerator.
- Do not thaw at room temperature.
- Once thawed, the eggs should be used within 3 to 5 days.
- Store unused portions in your refrigerator.
- Do not thaw and refreeze.
- Shake well before each use.

Guide for Measuring Eggs

1 large egg	3 tablespoons
5 large eggs	1 cup
9 large eggs	1 lb

2 lb carton = 18 whole eggs

RECIPES

Broccoli Cheese Frittata

Ingredients:

- 3 cups chopped broccoli (or any vegetable)
- 1 small carrot diced (optional)
- 1/4 cup water
- 1 2/3 cup liquid eggs
- 3/4 cup shredded

- 2 tsp mustard (optional)
- 1 tsp salt
- pepper to taste
- 1 tbsp chopped green onion
- cheddar cheese

Directions:

1. Combine broccoli (or other veggies), carrot, and water in a 10-inch skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes. Drain well.
2. Beat the eggs, milk, mustard, salt and pepper in a large bowl. Add the broccoli mixture, cheese, and green onion. Mix well.
3. Coat the same skillet with cooking spray. Heat over medium heat until hot. Pour in the egg mixture and cook over low to medium heat until eggs are almost set (8-10 minutes).
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8-10 minutes.

Cheesy Scrambled Eggs with Kale and Chard

Ingredients:

- 1 tbsp oil
- 1/4 cup of chopped onion
- Pinch of red pepper flakes (optional)
- 1 cup liquid eggs

- 1/2 cup grated cheese
- 1/2 tsp dried herbs (oregano, basil, etc)
- salt and pepper to taste
- 1 cup kale

Directions:

1. Heat oil in a stick-free frying pan on medium high heat. When the oil is hot, add the chopped onion and red pepper flakes. Cook for 1 minute.
2. Add the kale/chard mix to the pan, toss with the onions and oil. Cook for a few minutes, until just wilted.
3. Lower the heat to medium. Add the liquid eggs to the pan. Stir until the eggs begin to set.
4. Stir in the shredded cheese and dried herbs. Remove from heat and continue to stir a few times until the cheese is melted and the eggs are cooked.
5. Season with salt and pepper to taste.



RECIPES

Cheese and Pepper Tart

Ingredients:

1 pie shell	1 cup milk
1/2 red bell pepper, chopped	1 cup liquid eggs
1/2 green bell pepper, chopped	1/2 tsp salt
4 oz cheese	1/2 tsp black pepper
1/2 onion, chopped (optional)	1/2 cup spinach (optional)

Directions:

1. Preheat oven to 325F.
2. Place pie shell in pie plate. In bottom of pie shell evenly scatter the bell peppers and onions if using.
3. In a medium bowl, mix eggs, milk, and seasonings.
4. Pour over the peppers in the pie shell.
5. Bake in oven for about 1 hour, until set. You can check by inserting into custard halfway between center and crust will come out clean).
6. The top will be slightly browned on top.
7. Serve warm or at room temperature.

Egg Muffin Cups

Ingredients:

1 tbsp oil	2 cloves garlic, minced (or 1/2 tsp garlic powder)
2 cups bell peppers (any color, can be mixed colors)	salt to taste
1 cup onion, chopped	1 cup liquid eggs
2 cups spinach (optional)	1 cup mushrooms

Directions:

1. Preheat oven to 350F.
2. Grease a standard 12-slot muffin pan with cooking spray or oil and set aside.
3. Heat a large nonstick skillet over medium heat.
4. Once hot, add oil, bell peppers, and onion.
5. Sauté 5-7 minutes, or until peppers are tender.
6. Add in spinach if using, and mushrooms for about 2 minutes.
7. Add garlic cloves (if using) for about 30 seconds. If you are using garlic powder, skip this step.
8. Season with salt and pepper, and garlic powder (if using).
9. In a medium bowl, mix in eggs and the sautéed veggies and pour evenly into muffin pan.
10. Bake for 15-20 minutes, or until the tops are firm to the touch and eggs are cooked.
11. Serve warm.