

# **Eat Well, Play Hard Wayne County & New York Harvest for New York Kids Week**

*Enjoy the bounty from Wayne County!*

## **Eggs and Low Fat Dairy**

### **Eggs**

**-Eggs are a delicious and versatile food for your family. You can save money by using eggs instead of meat for meals.**

**-Eggs are a great source of protein!**

**-Scramble some eggs and serve plain or loaded with your favorite veggies. Try adding chopped onions, mushrooms, peppers, or tomatoes. Low fat cheese makes a great addition to scrambled eggs.**

**-Cook a few eggs and store in the refrigerator for up to 1 week. Then just peel and enjoy in many ways:**

- \*peel and eat for a quick snack**
- \*stir chopped eggs in mac and cheese**
- \*sprinkle chopped eggs on lettuce, egg or tuna salads**

**One egg has 13 important nutrients that keep your body healthy and strong! That's BIG nutrition in a small package!**

**Enjoy 1% or less fat milk from NY..... it's the perfect beverage for your family!**

### **Low Fat Dairy**

**-Milk provides a powerful nutrition package of nine essential nutrients including calcium, protein, and potassium.**

**-1% or less fat milk has all the nutrition of it's higher fat counterparts, so make your choice 1% or skim!**

**-Use low fat cheeses to boost the flavor and nutrition of your favorite foods. Add a slice of low fat cheese to your sandwich, sprinkle some parmesan on your soup, try part-skim mozzarella on your pasta, or top your salad with some low fat cheddar.**

**Super Cool Challenge...  
Try drinking delicious, ice cold milk instead of soda or sports drinks!**



# Broccoli and Cheddar Frittata

Serves 8

## Ingredients:

- 8 large eggs
- 2 teaspoons olive oil
- 1 small red onion, sliced
- 2 cups chopped, cooked broccoli
- 1/3 teaspoon salt
- Black pepper
- 1/2 cup low fat cheddar cheese

Experts recommend 3 servings of low fat or fat free dairy products for kids over the age of 2 to help build strong bones. MOOOOOVE to 1% or less fat dairy for your family!

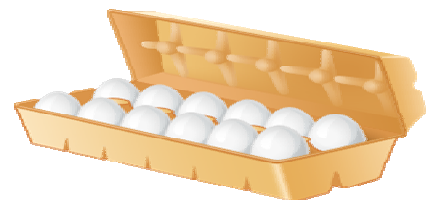
## Directions:

1. Separate 4 of the eggs, putting the whites into a medium bowl and discarding the yolks. Add the 4 whole eggs and 2 tablespoons of water to the whites and whisk well.
2. In a medium ovenproof, non-stick skillet heat the oil over medium. Add the onion and cook until it begins to soften, about 5 minutes. Add the broccoli and cook for another 2 minutes. Season with salt and pepper. Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce heat to medium-low, cover, and let cook until the egg mixture has set around the edges but is somewhat liquid in the middle, about 8 minutes. Sprinkle with cheese.
3. Meanwhile, preheat the broiler. Place the skillet under the broiler about 2 inches from the heat until the surface is set and golden brown, 1 to 2 minutes. Do not overcook or eggs will become tough.
4. Cut into 8 wedges and serve.

*Recipe courtesy of Ellie Krieger, RD of the Food Network, 2007.*

## Nutrition Facts:

**Serving = 1/8 of frittata**  
**215 calories, 12 g fat, 17 g protein, 4 g fiber,**  
**11 g carbohydrate, 385 mg sodium**



## Cooking a "Boiled Egg"

- Place raw eggs in saucepan and cover them with water
- Bring water to a fast boil. Remove saucepan from heat and cover
- Let eggs sit in covered pan for 20 minutes
- Drain water off the eggs and refrigerate