



WIC...

Healthy Habits, Healthy Families

Eggs

Eggs are a good source of protein and B vitamins. They also have some vitamin A and vitamin D. Try eggs scrambled, hard-cooked or in a casserole.

Buying eggs...

- Select large, white, grade A eggs.
- Open the carton and inspect all the eggs. Do not buy broken or cracked eggs.
- Check the date on the carton. Always buy eggs before the "sell-by" date on the carton.

Storing eggs...

- Do not wash eggs.
- Do not keep eggs out of the refrigerator for more than 2 hours.
- Keep eggs in their original carton. Store them in the main part of the refrigerator, not on the door.
- Use raw eggs within 3 to 5 weeks of buying them.
- Use hard-cooked eggs within 1 week.

Enjoying eggs...

- Wash hands, utensils and work areas with hot, soapy water before and after using raw eggs.
- Dishes made with eggs need to be cooked as soon as they are ready.
- Serve cooked eggs or dishes made with eggs immediately after cooking.
- Leftovers made with eggs must be put in the refrigerator within 2 hours. Use leftovers with 3 to 4 days.

Lower the fat.

Make family meals matter.



Scrambled Egg Wraps

This recipe uses four WIC foods: eggs, 1% milk, reduced-fat cheese and whole-wheat tortillas.

Makes
4
servings

Ingredients...

- 4 eggs
- 4 tablespoons 1% milk
- 4 (7- to 9-inch) whole-wheat tortillas
- Cooking spray
- 4 tablespoons reduced-fat cheddar cheese, shredded
- Salsa (optional)

Directions...

1. Heat the tortillas according to the package directions. Cover with a kitchen towel to keep warm.
2. Combine eggs and milk in a medium bowl; beat with a fork until well blended.
3. Coat a medium fry pan with the cooking spray. Heat pan over medium heat.
4. Pour the egg mixture into the pan. Let the eggs cook until they begin to set, then gently stir them off the bottom of the pan. Cook to desired firmness.
5. Spoon $\frac{1}{4}$ of the eggs onto each tortilla. Sprinkle each with 1 tablespoon cheese and some salsa, if desired. Roll up each tortilla and serve.

Nutrition information...

Calories 240, Fat 9g, Carbohydrate 24g, Protein 12g, Fiber 2g, Sodium 300mg, Cholesterol 220mg.

Family Goals

- My family and I will try a new egg recipe.
- My family and I will try hard-cooked eggs for lunch.
- My family and I will try scrambled egg wraps for dinner.
- My family and I will try a veggie omelet.
- Other _____



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