

Nutrition News

Nutrition News for a Healthy You.

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Texarkana Independent School District
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EGG-cellent!

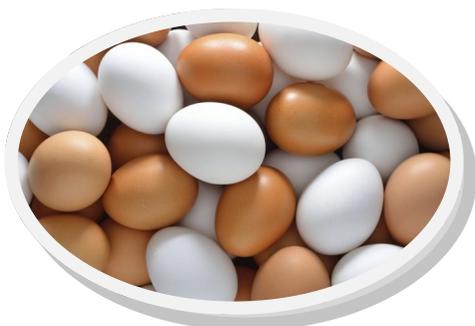


Eggs. Simple, yet packed with nutrients. One egg provides 6 grams of protein and 13 essential vitamins and minerals. This makes the egg a nutrient dense

food because it packs all these nutrients in 70 total calories per large egg. Eggs are also versatile. From an omelet in the morning to a piece of chocolate cake at night, eggs can be the whole meal or the perfect ingredient. Egg white is the outer part of the egg which consists mostly of protein and the yolk is the middle of the egg which is where the vitamins, minerals and fat are located.

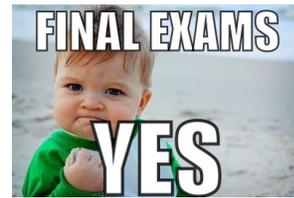
What's in a shell?

Have you ever wondered why some egg shells are brown? The nutrient content of eggs is similar regardless of color (white or brown), grade (AA, A, or B), or how they are raised (organic, free-range, and conventional). The egg's size and shell color is determined by the breed of the hen. The color and size of the yolk is impacted by the hen's diet.



Will an egg make you smarter?

Are you looking for a way to improve test scores? You may need to look no further than your morning breakfast. Research published in



The American Journal of Clinical Nutrition shows that dietary cholesterol and egg intake are associated with better performance in certain cognitive tests. It also showed that eating eggs were not associated with risk of dementia or Alzheimer's disease. The authors of the study said that "high intake of choline has also been associated with fewer errors in a test that measured cognitive capacity.." The study was conducted on a large group of adult men for nearly 22 years. More information is needed for different age groups, but the study appears promising.

Eggs can help with appetite control

Researchers at the University of Pennsylvania found in a study that children consumed roughly 70 fewer calories at lunch after eating the egg breakfast versus the cereal or oatmeal breakfasts. This study indicates that the protein-based breakfast can help with appetite control. This can be a helpful tool in reducing childhood obesity.

Information from www.eggnutritioncenter.org

BASIC FRENCH OMELETTE RECIPE



Ingredients:

- 2 EGGS
- 2 tbsp. water
- 1/8 tsp. salt
- Dash pepper
- 1 tsp. butter
- 1/3 cup filling, such as shredded cheese, finely chopped ham

Directions:

1. **BEAT** eggs, water, salt and pepper in small bowl until blended.
2. **HEAT** butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. **TILT** pan to coat bottom. **POUR IN** egg mixture. Mixture should set immediately at edges.
3. **GENTLY PUSH** cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. **CONTINUE** cooking, tilting pan and gently moving cooked portions as needed.
4. When top surface of eggs is thickened and no visible liquid egg remains, **PLACE** filling on one side of the omelet. **FOLD** omelet in half with turner. With a quick flip of the wrist, turn pan and **INVERT** or **SLIDE** omelet onto plate. **SERVE** immediately.

BREAKFAST BISCUIT QUICHES



Ingredients:

- 2/3 cup shredded Swiss cheese
- 1/3 cup finely chopped ham
- 1/4 cup finely chopped green onions
- 3 EGGS
- 2 tbsp. milk
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 pkg. refrigerated buttermilk biscuits, (12 oz.; 10 biscuits)

Directions:

1. **HEAT** oven to 350°F. **COMBINE** cheese, ham and green onions in small bowl; mix well. **BEAT** eggs, milk, salt and pepper in medium bowl until blended.
2. **SEPARATE** biscuits; press or roll each into a 5-inch round on lightly floured surface. **PLACE** 1 biscuit in each of 10 greased muffin cups, leaving the 2 cups in center of pan empty. **PRESS** biscuits firmly against bottom and sides of cups and form rim at top.
3. **SPOON** 2 tbsp. cheese mixture into each cup. **POUR IN** egg mixture, dividing evenly.
4. **BAKE** in center of 350°F oven until filling is set and biscuits are deep golden brown, 20 to 25 minutes. **REMOVE** from pan; serve warm.

Recipes from www.incredibleegg.org