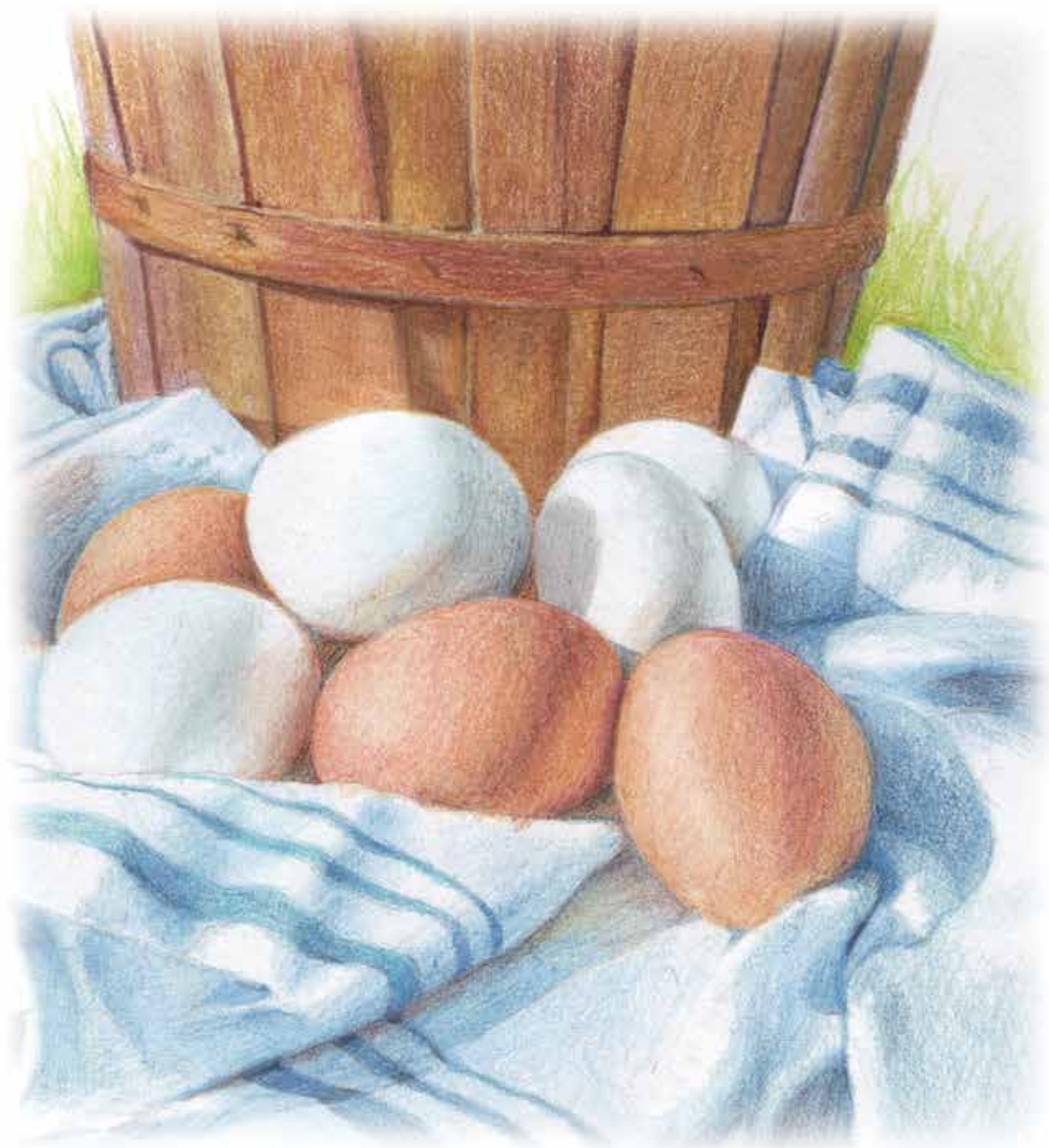
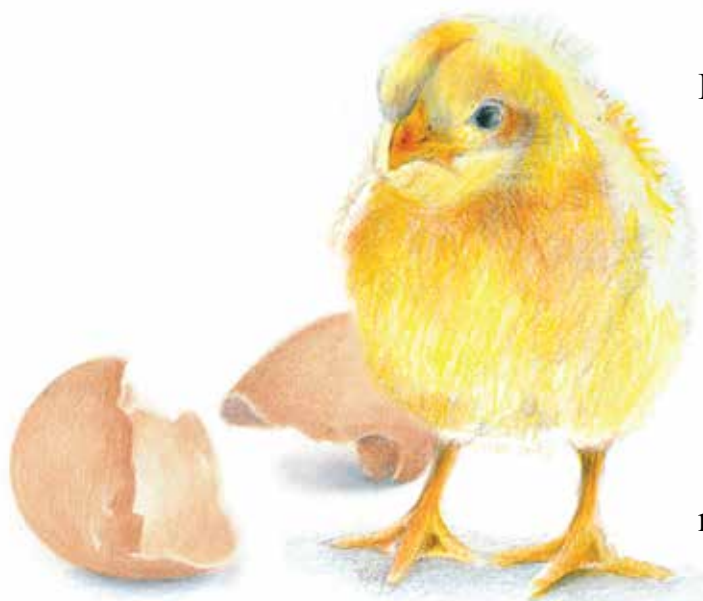
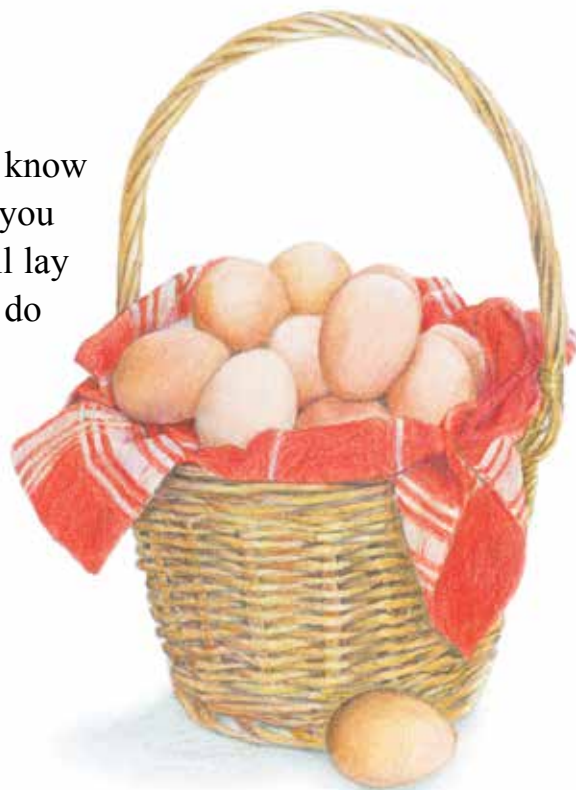


Incredible Eggs!



Incredible Eggs!

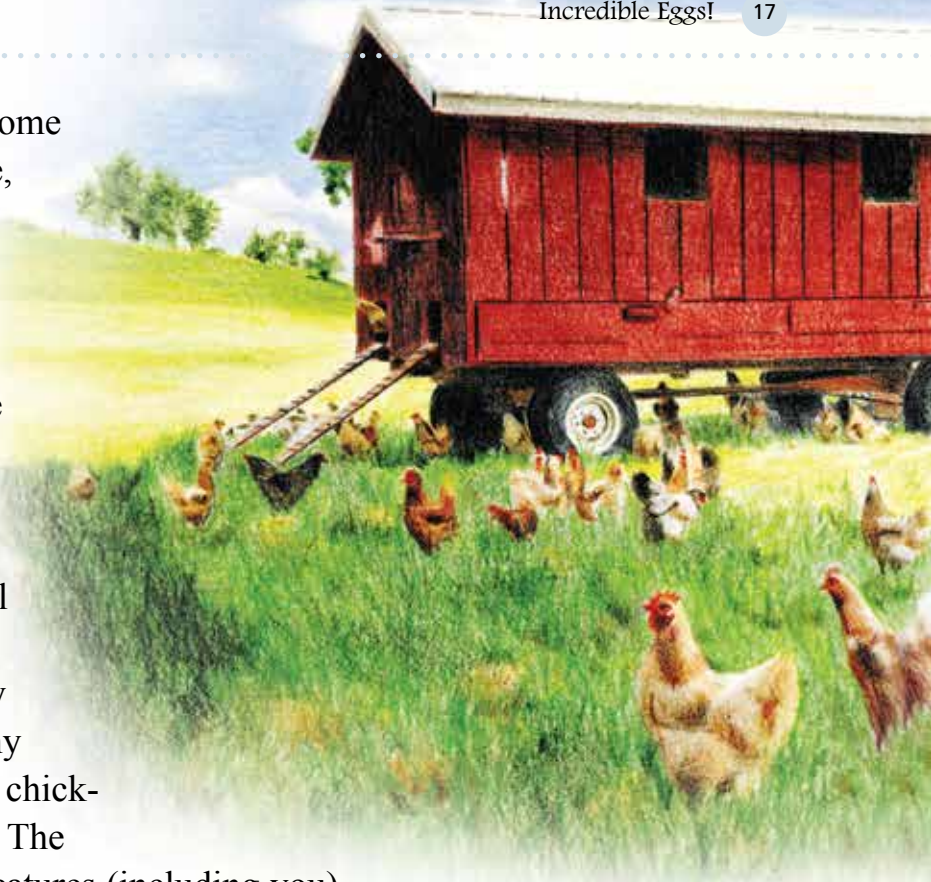
Eggs are a very healthy food. Do you know why? Lots of creatures lay eggs. Can you name some? Birds, reptiles and fish all lay eggs. Do you like to eat eggs? Where do your eggs come from?



Do you know what happens to a chicken egg if it is kept safe and warm? A baby chick starts to grow inside! All the nutrients needed to create life are inside an egg. That is why they are so good to eat. When you eat an egg, you are giving your body the fuel it needs to grow and to be strong, healthy and smart.

Some eggs are small, some are big, some are white, some are brown and some even have spots!

Are some eggs better to eat than others? The color and size of an egg tells us what kind of chicken it came from, but it doesn't tell us whether the egg is healthy or not. Healthy eggs come from healthy chickens. What does a chicken need to be healthy? The same things that all creatures (including you) need to be healthy: sunlight, fresh air, exercise and healthy food. Chickens raised inside small cages or factories aren't as healthy as chickens raised on open pastures in the sun eating bugs, worms and greens.



Vegetarian-Fed

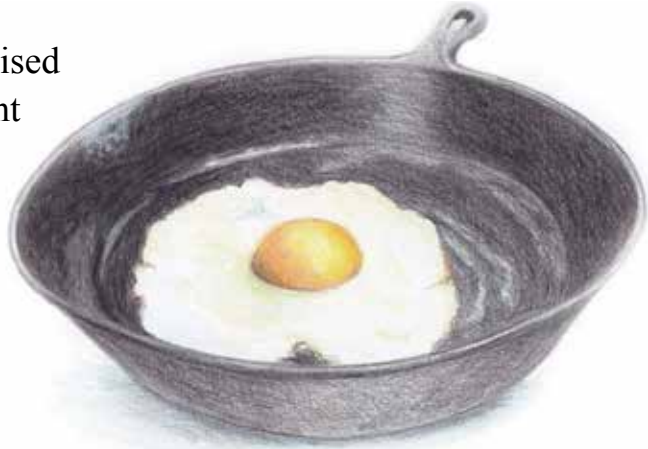
This usually means the chickens are fed soy and not allowed to eat bugs and worms, so they cannot be raised on pastures.

Cage-Free, Free-Range

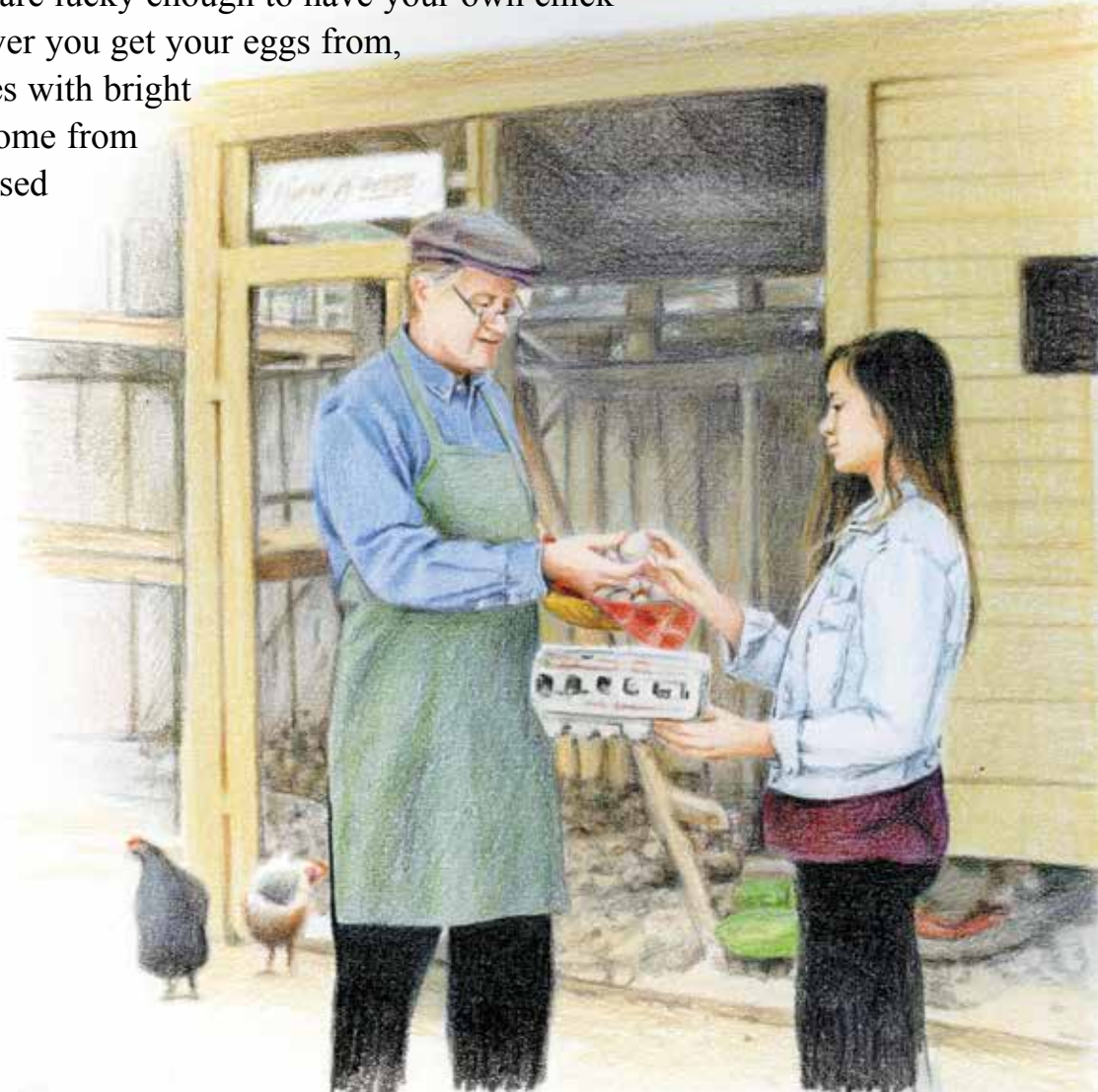
Don't let these terms fool you. Cage-free means the chickens are not in cages, but that doesn't mean they are outside. Free-range means the chickens have access to go outside, but that doesn't mean they actually ever do. In both cases, the chickens may still be raised in a very crowded unhealthy environment.



Did you know that chickens raised in the sun have eggs with bright yellow yolks that look like the sun? The bright color of the yolk means the egg is rich in nutrients and came from a healthy chicken.



Eating healthy starts with knowing where your food comes from. If you buy eggs from a farmer, you can ask the farmer how he raises his chickens. You might even get to visit the farm and see the chickens yourself. Maybe you are lucky enough to have your own chickens. Wherever you get your eggs from, look for ones with bright yolks that come from chickens raised on pastures.



Scrambled Eggs



Serves 2

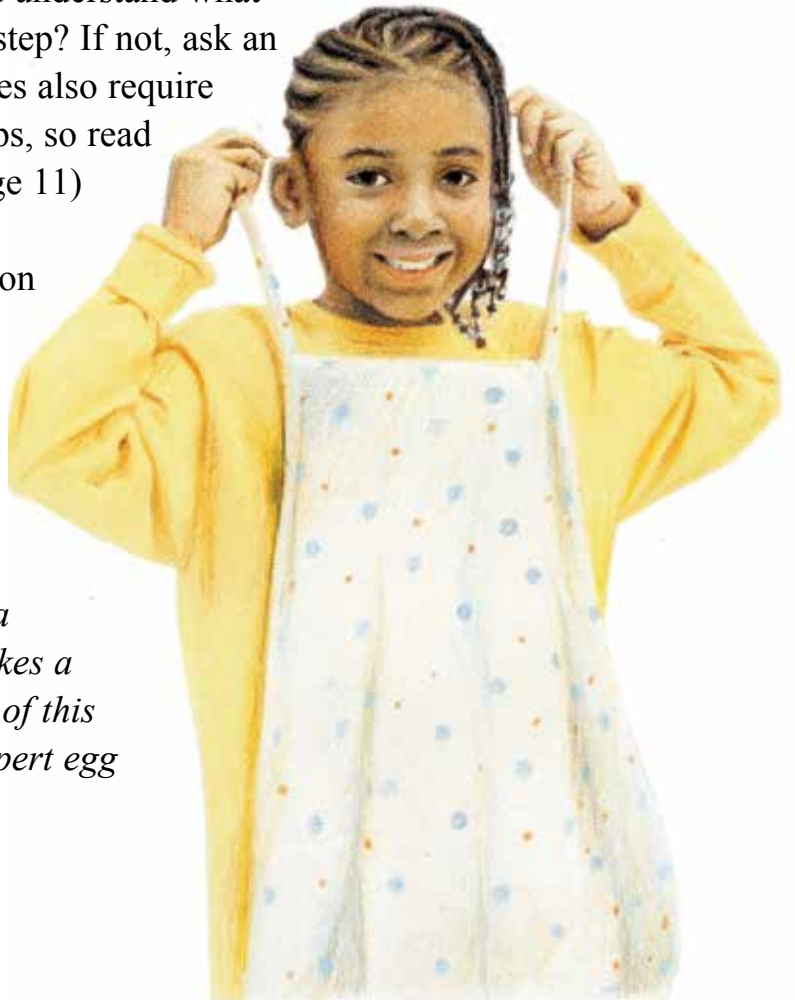
There are so many ways to eat the incredible egg: fried, scrambled, boiled, in salads, on a sandwich, in soup and even for dessert. Let's get started by learning how to scramble them.

Ready, set...

A good cook reads the entire recipe first before starting. So take a minute to do that now. Do you have all the ingredients and tools needed? Do you understand what needs to be done in each step? If not, ask an adult for help. Most recipes also require measuring spoons and cups, so read the Measuring Guide (page 11) for instructions. All set? Fantastic, it's time to put on your apron and **...cook!**

1. Crack the eggs into a mixing bowl.

Ask an adult to show you how to do this. Don't be discouraged if you make a mess the first time, this takes a little practice. By the end of this chapter you will be an expert egg cracker!



Ingredients



2 eggs

pinch
sea salt



2 tablespoons
cream



1 tablespoon
butter

Tools



wooden spoon



wire whisk



fry pan



mixing
bowl

2. Add the cream and salt.

3. Beat the eggs with a wire whisk.

4. Melt the butter in a fry pan.

5. Pour the egg mixture into the pan.

Be careful, the pan is very hot!

6. Stir the egg mixture with a wooden spoon while it is cooking.

7. The eggs are done when they are no longer soupy. Remove them from the pan immediately so they won't burn.

You did it! Yummy, enjoy! Don't forget to help clean up the kitchen when you are finished eating.



Mexican Scrambled Eggs



Serves 4

These scrambled eggs are sure to impress your *familia* or whoever is lucky enough to have you cook this for them.

Ingredients

4 corn tortillas



2 tablespoons butter or lard



4 eggs



1 onion



½ teaspoon sea salt



¼ cup cream



½ red bell pepper, seeds removed



½ teaspoon ground cumin



Tools

pizza cutter (optional)



wire whisk



large fry pan



wooden spoon



serrated knife



mixing bowl



cutting board



Know Your Knives

Did you know a sharp knife is safer than a dull one? Knives with a jagged edge are called serrated and are the best knife for you to use, since they are less likely to slip and do not need to be sharpened. Ask an adult to show you how to use a knife correctly and never use a knife unless an adult is with you. Always cut slowly and keep your fingers away from the blade.

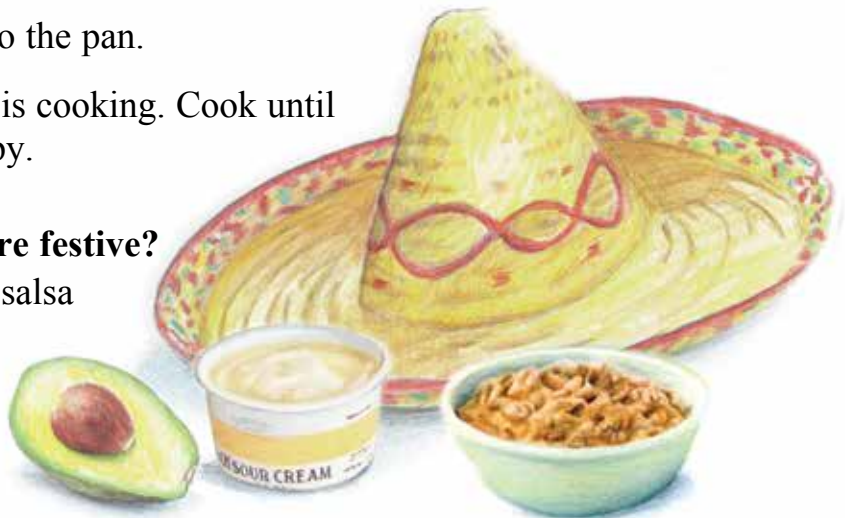


1. Use a pizza cutter or knife to slice the tortillas into thin strips.
2. Melt the butter in a large fry pan over medium heat.
3. Add the tortilla strips and cook until crispy. Stir with a wooden spoon.
4. Chop the onion and bell pepper on a cutting board.
5. Add the onion and bell pepper to the pan and cook until the onion is translucent. *Translucent means your can see through it.*
6. Crack the eggs into a mixing bowl.
7. Add the cream, salt and cumin to the bowl and beat together with a wire whisk.
8. Pour the egg mixture into the pan.
9. Stir the mixture while it is cooking. Cook until the eggs are no longer soupy.

Want to make it even more festive?

Serve with avocado slices, salsa (page 135), sour cream or refried beans (page 158).

Delicioso! Don't forget to wear your sombrero!



Hard and Soft Boiled Eggs

Hard boiled eggs are great for school lunches, picnics and snacks. Use them to make Deviled Eggs (page 24), Egg Salad (page 192) or Potato Salad (page 194). Or just peel and sprinkle with salt for a quick and easy snack. Soft boiled eggs can be eaten right out of the shell with egg cups and little spoons.



1. Carefully place the eggs in a pot. The pot needs to be big enough so all the eggs can fit side by side with none on top of each other.

2. Fill the pot with cold water until the eggs are covered.
Starting with cold water keeps the eggs from cracking.

3. Bring the water to a rolling boil over high heat.

4. Turn off the stove, cover the pot with a lid and allow the eggs to cook in the hot water for 10 – 15 minutes (large eggs take longer to cook than medium eggs). For soft boiled eggs, cook only 1 – 2 minutes.

5. Use a slotted spoon to remove the eggs when they are done. Put them in a bowl of ice water to cool.

6. To peel, gently tap the egg until the shell is broken all over. If the shell is difficult to remove, dip the egg in the ice water again.

Ingredients

6 - 12 eggs



Tools

slotted spoon

pot



Deviled Eggs



Serves 6



Deviled eggs are perfect for parties. Serve on a plate of baby lettuce leaves or a deviled egg platter. To make them extra devilish (and nutritious), top with caviar or salmon roe.

Ingredients



6 hard boiled eggs,
peeled (page 23)



¼ cup mayonnaise
(page 198)



½ teaspoon
Dijon mustard



dash sea salt



dash freshly
ground pepper



paprika



caviar
(optional)

Tools

mixing bowl



serving platter



fork

small spoon

1. Slice the eggs in half lengthwise.
2. To remove the yolks, turn the egg upside down over a mixing bowl and gently bend the egg back until the yolk falls out. Place the whites on a serving platter, hollow side up.
3. Add the mayonnaise, mustard, salt and pepper to the mixing bowl. Mash and stir the mixture with a fork until it's smooth.
4. Using a small spoon, carefully fill the hollow of each egg white with the yolk mixture.
5. Sprinkle paprika on top or top with caviar.

Ruby Eggs

Create hard boiled eggs with stunning ruby-colored whites! Soak peeled eggs in a jar of pickled beet juice (page 132) in the refrigerator for 24 hours.



Egg Eyes (Fried Eggs)



Serves 1

With a bit of creativity you can turn these eggs into a face on your plate. Bacon, sausage or fruits and vegetables can be used to make the nose, mouth and ears. Sauerkraut (page 130) makes great hair!



1. Melt the butter in a fry pan over medium heat.
2. Crack the eggs into the pan, being careful not to break the yolks.

Ingredients



2 eggs

1 tablespoon
butterpinch
sea salt

Tools

spatula



fry pan with lid

3. Cover the pan with a lid.
4. Cook until the egg whites are firm and the edges of the yolks are just beginning to turn white.
5. Use a spatula to remove the eggs from the pan.
6. Sprinkle with sea salt.

Egg-Dipped French Toast



Serves 2

French toast is a delicious way to use up old bread. In France, it is called *pain perdu*, which means “lost bread.” Although most Americans enjoy French toast for breakfast, in other places of the world it is served for dessert.

Ingredients



2 eggs



2 tablespoons butter

2-4 slices
whole grain
sourdough bread2 tablespoons
milk $\frac{1}{4}$ teaspoon ground
cinnamon (optional)

Tools



spatula



wire whisk

mixing bowl



fry pan



1. Crack the eggs into a mixing bowl.
2. Add the milk and optional cinnamon and beat together with a wire whisk.
3. Melt the butter in a fry pan over medium heat.
4. Dip the bread, one slice at a time, in the egg mixture until it is covered in egg on both sides. You can cut the bread in half, to make it easier to dip.

5. Carefully transfer the bread to the hot pan. Move the mixing bowl close to the stove so the egg won't drip on the counter or floor. Pour any remaining egg over the top of the bread.
6. Cook the bread until it is lightly browned on the bottom. Then flip it over with a spatula and cook until the other side is also lightly browned.
7. Serve with butter and real maple syrup or fresh strawberries and sweet cheese (page 44).



Greek Omelet



Serves 1

This omelet is made with soft cheese that is added after the omelet is cooked. Serve with olives, cucumber slices, whole wheat pita bread and olive oil and balsamic vinegar for dipping. Tunics and leather sandals are optional.

Ingredients



2 eggs



1 roma
tomato



2 tablespoon feta
cheese



1 tablespoon butter



dash sea salt



2 tablespoon
of cream

Tools



wooden
spoon



wire whisk



serrated knife



spatula



fry pan



mixing bowl

cutting board



1. Crack the eggs into a mixing bowl. Add the cream and salt. Beat with a wire whisk until the eggs begin to foam.
2. Cut the tomato into tiny pieces.
3. Melt the butter in a fry pan over medium heat.
4. Add the tomato to the pan and stir with wooden spoon to coat the tomato in butter.
5. Pour the eggs over the tomatoes and cover the pan with a lid.
6. Cook for about 5 minutes or until the bottom is golden brown and the top is firm.
7. Remove the pan from the stove. Crumble the feta cheese on top of the omelet. Then fold the omelet in half with a spatula and serve.



Pizza Omelet



Serves 2

Ingredients



Tools



Can you guess what the “crust” for this pizza is made out of?

1. Crack the eggs into a mixing bowl. Add the cream and beat with a wire whisk until the eggs begin to foam.
2. Melt the butter in a fry pan over medium heat.
3. Pour the eggs into the pan and cover with a lid.

4. Cook for about 6 minutes or until the bottom is golden brown and the top is firm.
5. Spread a thin layer of tomato paste on the cooked eggs using a spoon or spatula. Then sprinkle grated cheese on top. Cover with a lid until the cheese melts.
6. Cut the pizza into slices and serve.

Are Raw Eggs Good For You?

Bodybuilders and athletes often eat raw egg yolks. Do you know why? Because raw egg yolks are easier for your body to digest than cooked eggs yolks. That means more of the nutrients in the egg yolk can be used by your body.

Egg whites, however, should not be eaten raw. Egg whites are actually harder to digest when raw, and can interfere with your body's ability to absorb biotin, an important vitamin. It's best to eat only the yolks raw and use the whites in recipes that will be cooked.

Can Raw Eggs Make You Sick?

Only one out of every 20,000 eggs is actually contaminated with Salmonella, a bacteria that can make you sick. That means you will probably only come into contact with one or two contaminated eggs during your whole lifetime. Salmonella is almost always found in the white part of the egg, not the yolk, so eating only the yolks raw lowers your chance of getting sick. Plus, if your eggs come from healthy pastured chickens, there's even less of a chance that the eggs will be contaminated.

Washing your eggs and avoiding eggs that have any cracks in them is another way to protect yourself.



Egg Yolk Smoothie



Serves 2

This smoothie is made with raw egg yolks, but it really doesn't taste like eggs at all. Use any kind of fruit you like, bananas and strawberries are just a suggestion. Frozen fruit will make a thick and frosty smoothie.

Ingredients



2 egg yolks



¼ cup cream

½ cup raw milk,
yogurt or kefir
(page 41)



1 banana



6 strawberries



1 tablespoon
of honey or
maple syrup
(optional)



blender

Place all the ingredients in a blender and blend until smooth. Add honey or maple syrup to sweeten, if needed. Pour into glasses and enjoy!



Tools

Eggnog



Serves 1

Ingredients



¼ cup cream

½ cup
raw milk



pinch
nutmeg



1 egg yolk



Tools

pint-sized
glass jar



1 teaspoon
maple syrup



Eggnog is usually a drink for adults, because it's made with liquor, but this version is non-alcoholic. You can still pretend you're a bartender when making it.

Put all the ingredients in a glass jar. Close the lid tightly and shake until the mixture is frothy. Serve “on the rocks” (in a glass with ice).

How to Separate an Egg

Separating eggs is like a game of ping pong. Crack the egg over a bowl and let some of the egg white fall into the bowl. Pass the yolk back and forth between the eggshell halves until all of the egg white is in the bowl.

