

EGGS



Ways To Use WIC Eggs

➤ *Keep 3-4 hard boiled eggs in the refrigerator ready to use, in the lunch box or as a snack, in salads, sandwiches, vegetable dishes and casseroles*

➤ *Use eggs anytime of the day for omelets, french toast, pudding.*

Recipes Using WIC Eggs:

EGG DROP SOUP

2 c water	2 chicken bouillon cubes
2 T green onions, finely chopped	2 eggs, beaten*

In sauce pan, boil water and add bouillon cubes. Stir until dissolved. Add onions and simmer until onions are tender. While stirring soup constantly, slowly pour in eggs. Continue stirring. Remove from heat. (Makes 2-4 servings.)

EGG SALAD

4 eggs, hard boiled, chopped	1/2 tsp mustard
1/4 c low fat salad dressing	1/8 tsp pepper
1 T relish	

Mix all ingredients in bowl until well mixed. Refrigerate. (Makes 2-4 servings.)

BASIC QUICHE

6 eggs*	2 c cheese, shredded*
1 c milk*	9" pie shell, unbaked

Mix eggs, milk and cheese. Pour into pie shell. Bake at 350° for 45 minutes or until an inserted knife comes out clean. (Makes 6 servings.)

For variations, add:

- 1/2 c cooked, chopped spinach or broccoli.
- 1/2 or 1/3 cup chopped ham or chicken.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon