

# EGG BUYING GUIDE & COOKING TIPS



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they have access to the outdoors for part of the day. The birds must be fed an organic diet free of antibiotics and pesticides.

**"CERTIFIED HUMANE"** This label is regulated by Humane Farm Animal Care, a nonprofit organization that verifies that hens' living conditions meet welfare standards approved by groups including the Humane Society of the United States. Hens are kept in pens that allow them to engage in natural behaviors.

**"HIGH IN OMEGA-3S"** These eggs contain omega-3 fats because the hens that laid them were fed a special flaxseed diet. Chickens convert plant omega-3 fats into more biologically active omega-3s (DHA/EPA). One high-omega-3 egg generally contains about 200 mg of DHA/EPA, comparable to that in a 3-ounce serving of canned light tuna.

**"UNITED EGG PRODUCERS CERTIFIED"** United Egg Producers, a trade group that includes over 80 percent of U.S. egg producers, regulates this label. The mark simply reflects that the producer followed industry practices set to keep hens healthy and productive.

A recent study found that when people ate a breakfast of scrambled egg and toast, they felt more satisfied—and ate less at lunch—than when they ate a bagel (supplying the same number of calories) another day. The combination of high protein and moderate fat in eggs might make them especially filling, say experts. And even if you're watching your cholesterol, a daily egg can likely fit into your eating plans. And eggs aren't just for breakfast—hard-boiled eggs become egg salad for lunch and omelets and fritattas make easy, satisfying suppers.

While eggs are delicious and satisfying, claims like "cage free" and "certified organic" can be confusing when you're shopping. What does it all mean? Here's help:

## SHOPPING TIPS

**"CAGE FREE" AND "FREE RANGE"** Living conditions of "cage free" and "free range" hens usually are considerably better than those of hens confined to the tiny battery cages (where each bird gets a space smaller than a sheet of notebook paper) traditionally used by egg producers, says Paul Shapiro of the Humane Society of the United States. But these terms are not regulated, so they don't guarantee humane treatment.

**"CERTIFIED ORGANIC"** The eggs come from producers that follow the USDA's strict "certified organic" standards. Hens live in pens big enough that the birds are able to engage in natural behaviors and

## COOKING TIPS

**HOW TO HARD-BOIL EGGS:** Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with cold water. Let stand until cool enough to handle before peeling.

### HOW TO POACH EGGS:

1. Break 4 eggs into 4 individual small bowls. Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add ¼ cup distilled white vinegar. Reduce to a gentle simmer: the water should be steaming and small bubbles should come up from the bottom of the pan.
2. Submerging the lip of each bowl into the simmering water, gently add the eggs, one at a time.
3. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean dish towel to drain for a moment before serving.

**HOW TO MAKE AN OMELET:** Use 2 eggs to make an omelet for one serving, 4 eggs to make an omelet for two. Never make an omelet with more than 5 eggs. If you are serving four people, make two omelets back to back. They're that fast.

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You'll need a heavy 7- to 10-inch nonstick or well-seasoned skillet with low, sloping sides and a comfortable sturdy handle that won't get hot and a small flexible spatula, preferably a heat-resistant rubber spatula.

Have the filling all prepared and warmed, if it was refrigerated. **Don't overstuff:** figure  $\frac{1}{4}$  cup filling for a 2-egg omelet. The filling can be just about anything (*see below*).

1. Gently whisk the eggs just until blended.
2. Heat 1 teaspoon extra-virgin olive oil in a 7- to 10-inch skillet over medium-high heat until hot. Tilt to coat the pan with oil. Pour the eggs into the pan and immediately stir with a heat-resistant rubber spatula for 5 to 10 seconds. Then push the cooked portions at the edge toward the center, tilting the pan to allow uncooked egg to fill in around the edges. When no more egg runs to the sides, continue to cook until almost set and the bottom is light golden. (The omelet will continue to cook as it is filled and folded.) This whole step takes about 1 minute.
3. Remove the pan from the heat and spoon filling onto the center third of the omelet at a right angle to the handle. Use the spatula to fold the third of the omelet closest to the handle over the filling. Then, grasping the handle from underneath and using the spatula as a guide, tip the omelet onto a warm plate so that it lands folded in thirds, seam-side down.

#### FILLING IDEAS

- Steamed spinach and tomatoes tossed with extra-virgin olive oil and garlic
- Cooked broccoli, sun-dried tomatoes (reconstituted) and shredded mozzarella
- Mushrooms sautéed with rosemary and thyme
- Sautéed apple slices, minced fresh sage and shredded Gruyère
- Sautéed pear slices, sliced almonds and crumbled Stilton

## RECIPES

Check the Price Chopper Recipe Cards Rack, or go to [www.pricechopper.com](http://www.pricechopper.com).

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CREAMY POTATO SALAD

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Chocolate Soufflé

ITALIAN HAZELNUT COOKIES

MAPLE-PUMPKIN CUSTARDS WITH CRYSTALLIZED GINGER

PARMESAN SPINACH CAKES

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SWEET POTATO CASSEROLE

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