



## **EAT WELL, CARE WELL.** **EGGCELLENT RECIPE IDEAS**

*Photo by Pixabay.com*

I was raised on a homestead farm and have many wonderful memories of collecting the eggs with my mom and grandma. So, when I think about eggs, it takes me back to a very healing place where I associate eggs with happiness, joy and health.

Should you eat eggs or not? Well, eggs are rich in lutein, which is an important carotenoid for eye and skin health. Eggs are a great source of protein, providing 6-8 grams per egg, depending on the size. If you are worried about cholesterol, it is all in the yolk. You can mix 1 whole egg with 1-2 egg whites and make a scramble that still looks yellow. You can also use egg substitute if you wish.

Did you know that the color of the eggshell relates to the breed of chicken that laid it? Chickens with white feathers and white earlobes usually lay white eggs and chickens with reddish-brown feathers usually lay brown eggs. Although brown eggs usually cost more, the nutrition from the eggs is the same as white eggs.

### **WEEKLY CHALLENGES**

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**SHARE A STORY  
ABOUT VISITING A  
FARM**

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**CHECK THE  
EXPIRATION DATE ON  
YOUR EGG CARTON**

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**HAVE EGGS FOR  
LUNCH OR DINNER**

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THE NEXT PAGE**

### **DID YOU KNOW...**

**There are 13  
different vitamins  
and minerals in all  
egg types.**

# Quick Crustless Quiche

EAT WELL, CARE WELL.

February 2020

Serves: 3-4

Prep Time: 10 min

Cook Time: 15 min

## Ingredients

- 1 package frozen spinach or 2-3 cups fresh
- ½ onion
- ½ green pepper
- 6 eggs
- Broth of your choice
- Cheese of your choice
- Black Pepper
- Herbs or Salt-free Seasoning of your choice

## Instructions

1. Cook spinach, onion, green peppers (or other veggies of your choice) in a 9-inch cast iron skillet.
2. In a bowl, whisk together the eggs and add enough broth to thin out the eggs to a pourable, smooth consistency.
3. Pour into the cast iron skillet with the cooked veggies. Add the cheese. Stir to combine.
4. Cook at 400 degrees F for ~15 minutes or until the internal temp reaches 165-degree F.

## **Variation**

Add meat or tofu if you like, applewood smoked bacon or sausage is yummy but raises the sodium. Refrigerate or freeze leftovers.

## **Notes**

If you don't have a cast iron skillet, you can pour the mixture into a premade pie crust.



If you liked this recipe, check out this ***Cauliflower No Crust Quiche*** Recipe from The Academy of Nutrition and Dietetics (eatright.org)

<https://www.eatright.org/food/planning-and-prep/recipes/cauliflower-no-crust-quiche-recipe>

Photo courtesy of Pixabay.com

Recipe adapted from Kate Bicciardi, DPT, RDN, CLT-Food & Nutrition Magazine. Nov/Dec. 2019