

Eggs are egg-cellent eating!

Eggs are a good, low-calorie and inexpensive source of protein, as well as a delicious, versatile food. And experts now say that eggs can be included in a healthy diet. For decades, limited egg consumption was advised because of the high cholesterol content of the yolk. Eggs are healthier now; over the last 10 years Vitamin D content has increased 64% and cholesterol levels have been lowered by 14%. Also, research shows health benefits from other nutrients in eggs, and little negative impact from eating eggs for most people.

Count your eggs. A maximum of 4 to 6 eggs per week looks like a good rule to follow. Large, long-term studies indicate that eating seven or more eggs per week increases the risk of Type 2 diabetes. Experts disagree about safe levels of cholesterol; US guidelines call for limiting dietary cholesterol to 300 mg daily if you're healthy and 200 mg a day if you have high blood cholesterol, heart disease or diabetes. (A large egg contains about 212 mg.) However, dietary guidelines in Canada and Australia don't limit cholesterol. More research is needed, but limiting saturated fats and

avoiding trans fats in all foods and increasing intake of soluble fiber may provide greater benefit than limiting cholesterol.

Eat your eggs and limit cholesterol too: Discard some yolks. In baking and for omelets, frittatas and scrambled eggs, substitute 2 egg whites for half of the whole eggs the recipe calls for, or use egg whites or egg substitute only. For egg salad, remove half of the yolks of your hardboiled eggs before mixing.

Keep your eggs safe to avoid foodborne illness.

- Keep raw eggs refrigerated, and don't leave cooked eggs at room temperature or warmed for more than two hours.
- Discard cracked or dirty eggs.
- After contact with raw eggs, wash hands, counter tops, utensils, dishes and cutting boards with soap and water.
- Cook eggs thoroughly till yolk and white are firm.
- Avoid eating raw or undercooked eggs.

material from eatingwell.com, Tufts Nutrition and Health Letter and Harvard Heart Letter.

Recipe of the Week: Vegetable Ragout with Eggs

Serves 4

from Tufts University Health and Nutrition Letter, April 2010

2 teaspoons olive oil
1 medium onion, thinly sliced (1 cup)
1 medium red or green bell pepper, sliced (1 ½ cups)
3 garlic cloves, minced
½ tsp dried thyme leaves
¼ tsp crushed red pepper flakes
1 (14-oz.) can diced tomatoes
½ cup water
1 small (or ½ medium) zucchini, sliced (1 ½ cups)
Freshly ground pepper to taste
4 large eggs
Dash of paprika, regular or smoked

1. Heat oil in large nonstick skillet over medium-high heat. Add onion. Cook, stirring often, until softened, 2 to 3 minutes. Add bell

pepper, garlic, thyme and crushed red pepper. Cook, stirring often, until softened, 3 to 5 minutes. Add tomatoes and water. Cook, uncovered, 5 minutes. Stir in zucchini and black pepper. Cook 1 minute. Reduce heat to medium-low.

2. Make 4 depressions in vegetable mixture with the back of a wooden spoon. Crack an egg into each depression. Take care not to break yolks. Cover skillet and cook until eggs are set, 4 to 8 minutes. Sprinkle eggs with paprika. Transfer an egg to each of 4 plates with a slotted spoon or egg lifter. Spoon some vegetable mixture and sauce around each egg.

Nutrition Information:

Calories: 154.	Total fat: 8g	Saturated fat: 2g
Cholesterol: 211mg	Sodium: 279 mg	
Carbohydrates: 14g	Fiber: 4g	Protein: 9g

Tip of the Week: 90 million or more chocolate bunnies will be sold this Easter and one jumbo bunny has more than 1000 calories. Try a lower calorie celebration: Have a two-ounce chocolate bunny or 8.3 marshmallow bunnies @ 250 calories; two Reese's peanut butter eggs or 22 jelly beans @ 180 calories ; or 1 Cadbury Cream Egg or 6 rolls of Easter Smarties @ 150 calories. And hopping would be a great way to burn off those calories!

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