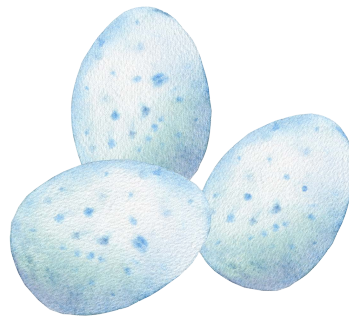


EGGS

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Kid-friendly Cooking Tips

- Cook eggs before eating. For hard-boiled eggs, boil 7-8 minutes, then submerge in cold water until cool. For soft-boiled eggs, boil for 4 minutes, then submerge in cold water until cool.
- Adding salt, vinegar, or baking soda to the water makes eggs easier to peel. You can also try peeling them while submerged in water.



Tidbit

Humans and other predatory animals have been eating eggs for millions of years. Then, about 5,000 years ago, people in Asia domesticated the first wildfowl. Today, 98% of US eggs come from factory farms, which are cheap for the consumer, but criticized for poor animal welfare. In response, the popularity of small-scale egg farms is increasing, putting better eggs back on the menu.

Mini-activities

- Brainstorm the many ways to prepare an egg, and decide which would be most practical (or interesting, or fun) for breakfast in bed. Write a persuasive essay or have a debate about this. (source)
- Learn about the parts of an egg and then dissect a hard-boiled egg.
- Learn about family culinary traditions. Have students investigate if there is a traditional recipe in their family that features eggs. Share recipes with each other. (source)

Storage Tips

- Store-bought eggs have been washed of their protective coating and must be kept in a refrigerator.
- Keep eggs in their carton to protect them from absorbing odors and losing water.
- Refrigerated eggs can be stored for up to 6 weeks.

Benefits

Eggs are very nutrient-dense since they contain the cells to promote the growth of a baby chicken. Thus, they are very high in protein, B12, and iron and contain all the essential amino acids needed for a nourishing lifestyle.

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Recipes

Swiss Chard Frittata

Swiss Chard Frittata

Yield: 48 servings (1 piece)

Ingredients:

- 8 slices of bacon
- 1 lb swiss chard
- 1/4 cup canola or vegetable oil
- 2 cups of chopped onions
- 50 large eggs
- 2 tsp. granulated garlic
- 2 tsp. kosher salt
- 2 1/4 cups shredded, reduced-fat cheddar cheese

Directions:

1. Preheat convection oven to 325°F or conventional oven to 350° F. Coat bottom and sides of two 2-inch full hotel pans with cooking
2. Cook bacon, turning occasionally, in a large skillet over medium heat until crispy, about 10 minutes. Drain on paper towel and cut into 1/8-inch pieces.
3. Rinse chard but do not dry. Trim tough stem ends and discard. Cut leaves and stems into rough 1-inch pieces. Set aside.
4. Heat oil in a 16-inch skillet over low heat. Add the bacon and onions. Cook, stirring occasionally, until the onions are translucent, 8 to 10 minutes.
5. Stir in the chard. Cook, stirring occasionally, until the chard begins to wilt, 8 to 10 minutes. Remove from the heat and set aside.
6. Whisk eggs in a large bowl. Add garlic and salt. Whisk until well combined. Stir in 2 cups cheese.
7. Divide the egg mixture evenly between the prepared pans. Evenly distribute half the chard on top of the egg mixture in each pan. Sprinkle each pan with 2 Tbsp cheese.
8. Bake until a knife inserted in the center comes out clean and the top is beginning to brown, 20 to 25 minutes. Cut each pan into 24 squares.

Source: *New School Cuisine Cookbook*

Vermont Maple Apple French Toast Bake

Vermont Maple Apple French Toast Bake

Yield: 48 servings (1 piece)

Ingredients:

- 3 lbs apples
- 4 lbs whole-wheat or whole-grain bread
- 50 large eggs
- 5 cups lowfat milk
- 1 1/2 cups maple syrup (grade A or B) or brown sugar
- 4 tsp ground cinnamon
- 2 tsp ground nutmeg
- 1 tsp table salt

Directions:

1. Coat two 2-inch full hotel pans with cooking spray.
2. Core apples and cut each into 8 wedges.
3. Cut bread into 1-inch cubes.
4. Lightly beat eggs in a large bowl. Add milk, 1 cup maple syrup (or brown sugar), cinnamon, nutmeg and salt; whisk to combine. Stir in the apple slices, then fold in the bread.
5. Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6 to 8 hours or overnight.
6. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
7. Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. If using brown sugar, sprinkle each pan with 1/4 cup. (If using maple syrup, drizzle each pan with 1/4 cup after baking.) Bake, uncovered, until set on top and the internal temperature reaches 165°F, about 20 minutes more. Let stand for 10 minutes. Cut each pan into 24 pieces.

