



Eggs are Healthy

Eggs are a great source of protein and can be a really healthy, delicious meal or ingredient in many recipes. They are versatile, inexpensive and very nutritious. It is important to handle eggs carefully to keep them safe to eat. Refrigerate eggs promptly when you bring them home from the store, or after you have them out for a recipe. Avoid using a cracked egg—it has a greater chance of being contaminated with salmonella, the organism often found in eggs that can cause us to become very ill.

Eggs should be thoroughly cooked before they are eaten. Scrambled eggs should be cooked until firm and no longer glossy; other eggs should be cooked until both yolk and white are firm, opaque and no longer runny. Avoid recipes for homemade ice cream that use raw eggs—freezing does not make raw eggs safe. Remind kids of all ages that cookie dough made with raw eggs is not safe to sample. Safe egg handling is really easy, and very important to our health!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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