



Egg Dishes



Foods Older Adults Should Avoid

As we get older our bodies don't work quite as well. Therefore, some foods are more likely than others to make older adults sick if they eat them. Below is a list of foods that should be avoided.

- Foods that contain raw or undercooked eggs
 - homemade Caesar salad dressing and mayonnaise
 - uncooked cake batter and cookie dough
 - poached eggs, eggs Benedict, undercooked (runny) scrambled eggs and fried eggs



- Raw or undercooked meat, poultry, fish, and seafood

Recommended Safe Minimum Internal Temperatures				
Beef, Pork, Veal, Lamb, Steaks, Roasts & Chops 145°F with a 3 minute resting time	Fish 145°F	Ground Meats (Beef, Pork, Veal & Lamb) 160°F	Egg Dishes 160°F	Whole, Pieces & Ground (Turkey, Chicken & Duck) 165°F

- Hot dogs eaten cold out of the package without reheating
- Freshly sliced deli meats or pre-packaged luncheon meats eaten cold without reheating
- Raw, unpasteurized milk

Do not buy milk or milk products sold at roadside stands or farmer's markets unless you can confirm that it has been pasteurized. If it says "only for animal use," it has not been pasteurized.



- Unpasteurized juices, ciders, or honey
- Mold ripened, blue-veined cheeses or soft cheeses made from unpasteurized milk
 - Mold ripened cheeses - Brie, Camembert, Blue Brie
 - Blue-veined cheeses - Danish Blue, Stilton, Gorgonzola, Romano
 - Soft cheeses - queso fresco, queso blanco, goat cheeses
- Raw sprouts
 - bean sprouts, alfalfa sprouts

Helpful Hints

- When cooking eggs make sure both the yolks and whites are solid.
- When cooking hotdogs place in boiling water for at least 15 seconds, or heat in the microwave oven until steaming hot.



Breakfast Burritos

- 1/2 pound ground pork sausage
- 1 tablespoon butter
- 3 large eggs
- 8 (4 inch) flour tortillas
- 1/8 cup chunky salsa
- 1/2 cup shredded Monterey Jack cheese

1. **Wash hands with soap and warm water.** Make 4 patties out of the ground pork sausage. Place in a large skillet over medium high heat. Cook for 5 minutes. **While cooking be sure to wash your hands again before continuing.** Turn the patties. **Insert a cooking thermometer into the thickest part of the sausage patty. When the internal temperature reaches 160°F** remove the sausage patties from the skillet and place on a clean cutting board.
2. Allow the sausage to cool for 5 minutes. **While cooling it is a good idea to wash the skillet with warm, sudsy water.**
3. When cool, cut sausage into strips.
4. Break eggs into a clean bowl. Beat until frothy. **Be sure to wash your hands after handling the raw eggs.**
5. Melt butter over medium high heat in clean skillet. Add the beaten eggs. **Cook, stirring frequently until both the yolks and whites are firm (not runny).**
6. Warm the tortillas as directed on the package. Place a tortilla on a clean plate. Add a few sausage strips and a spoonful of scrambled eggs. Top with salsa and cheese.
7. Roll up and serve.



Additional Food Safety Notes Related To This Recipe

- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Discard any eggs that have a broken or cracked shell.
- Clean and sanitize the cutting board before and after each use.
- Wash hands correctly after beating the eggs.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Raw eggs should not be out of the refrigerator for longer than 2 hours.
 - It is best to put any leftovers into the refrigerator within 1 hour.
- When storing burrito leftovers, divide into small portions and place into a clean airtight storage container. Do not forget to label the container with the name and the date.
- When reheating leftover burritos be sure to use a cooking thermometer. Reheated burritos need to reach a temperature of 165°F.

Recipe Source

<http://breakfast.food.com/recipe/egg-sausage-breakfast-burrito-250110?scalet=4&mode=null&st=true>



Ham And Cheese Croissant Bake

3 large croissants
1 (8 ounce) package chopped cooked ham slices
1 (5 ounce) package shredded Swiss cheese
6 large eggs
1 cup half and half
1 tablespoon dry mustard
2 tablespoons honey
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg

1. Cut croissants in half lengthwise, and cut each half into 5 pieces. Place croissant pieces on the bottom of a lightly greased 10 inch deep-dish pie pan. Top with ham slices and cheese.
2. Break eggs into a clean large bowl. Beat until frothy. **Be sure to wash your hands after handling the raw eggs.**
3. Add half and half, dry mustard, honey, salt, pepper, and nutmeg to the eggs and continue beating until well mixed.
4. Pour the egg mixture into the pie pan. Using the back of a wooden spoon, press down on the croissants to submerge.
5. Cover the pie dish tightly with aluminum foil. **Place it on the bottom shelf of the refrigerator** and chill for 8 to 24 hours.
6. Preheat the oven to 325°F. Bake the egg dish, covered, in the preheated oven for 35 minutes. After 35 minutes remove the foil and **insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F (about 25 minutes).**

Additional Food Safety Notes Related To This Recipe

- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean any egg spills in your refrigerator with warm, soapy water. Dry with a clean paper towel.
- Discard any eggs that have a broken or cracked shell.
- Clean and sanitize the cutting board before and after each use.
- Wash hands correctly after beating eggs.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Raw eggs should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing egg and ham croissant leftovers, divide into small portions and place into a clean airtight storage container. Label the container with the name and the date and place in the refrigerator.
- When reheating leftover egg and ham croissant casserole be sure to use a cooking thermometer. It needs to reach a temperature of 165°F before eating to be safe.

Recipe Source

<http://www.myrecipes.com/recipe/ham-and-cheese-croissant-casserole-10000001932539/>



Asparagus Tomato Quiche

1 baked pie crust
4 asparagus spears
3/4 cup shredded Italian cheese blend
15 whole cherry tomatoes
6 eggs
1/2 cup milk
1/3 cup sour cream
1/2 teaspoon salt
1/4 teaspoon pepper

1. **Place asparagus and cherry tomatoes into a colander. Run cold water over them while rubbing each asparagus spear and tomato with your finger tips. Using the produce cutting board, slice the asparagus into 1 inch pieces and the cherry tomatoes in half.**
2. Heat 2 cups of water to boiling. Blanch asparagus in boiling water for 1 minute. Drain..
3. Sprinkle cheese evenly over the bottom of pie crust. Place asparagus and tomatoes in an even layer over the cheese.
4. **Break each egg into a small dish, then place in a clean large bowl before breaking the next egg. Be sure to wash your hands after handling the raw eggs.** Add milk, sour cream, salt, and pepper to the raw eggs. Beat until blended. Carefully pour egg mixture over filling in the pie shell
5. Preheat the oven to 325°F. Bake the egg dish on the center rack in the preheated oven for 40 minutes. **After 40 minutes, insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**

Additional Food Safety Notes Related To This Recipe

- When buying eggs in the grocery store, be sure that there are no broken or cracked shells.
- When buying cheese, milk, and sour cream in the grocery store, be sure that the package has no broken seals. Look for any signs of discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese, egg, milk, and sour cream containers before each use. Do not use if it is past the expiration date. The expired products should be thrown into the garbage.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator.
- Wash hands correctly after beating the eggs.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- When buying asparagus in the grocery store, be sure that it has straight, tender, and green stalks. Avoid those that have open buds and rigid stalks. Cherry tomatoes should be well formed and blemish free. They should be a rich red color and have a slight softness to the touch.

Recipe Source

<http://www.incredibleegg.org/recipes-and-more/recipes/asparagus-tomato-quiche>



Spanish Tortilla Bake

- 1 1/2 pounds russet potatoes
- 1/2 large sweet onion
- 2 cloves garlic
- 1/4 pound dry Spanish chorizo
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 eggs
- 2/3 cup milk
- 1 cup shredded Cheddar cheese

1. Remove the outer skin of the onion and garlic. **Scrub the potatoes, onion, and garlic with a vegetable brush while holding under cold running water.** Once clean, peel the potatoes. **Thinly slice the potatoes and onion on your produce cutting board.** Mince the garlic using a food processor.
2. Bring a large pot of water to a boil over medium heat. Add the potato slices and cook until they are just tender, about 10 minutes. Drain and set aside to cool.
3. Remove wrapper from the Spanish chorizo. **Slice the chorizo using your meat cutting board. Wash hands using soap and warm water. Also wash the cutting board in warm, soapy water.**
4. Heat olive oil over medium heat in a large nonstick oven safe sauté pan. Add the sliced onions and season with 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook onions until they are soft, about 5 minutes. Add the sliced chorizo and the garlic to the sauté pan and cook until the sausage starts to brown. Remove the pan from heat.

5. **Break each egg into a small bowl. Transfer each egg to a large bowl before breaking the next egg into the small bowl. Be sure to wash your hands after handling the raw eggs.** Beat until the eggs are light yellow in color.
6. Add the milk, Cheddar cheese, 1/8 teaspoon salt, and 1/8 teaspoon pepper to the beaten eggs. Stir until evenly mixed. Add the chorizo mixture and potatoes to the bowl and stir gently. Return the entire mixture back to the sauté pan.
7. Preheat the oven to 325°F. Place the sauté pan on the center rack in the preheated oven and bake the egg dish for 15 minutes. **After 15 minutes, insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**
8. Remove from the oven and let the egg dish (tortilla) rest in the pan for 10 minutes before inverting it. Using a large clean plate as an aid, flip the tortilla over and slide it out onto a large cutting board. Slice the tortilla into wedges and arrange on a serving dish.

Additional Food Safety Notes Related To This Recipe

- When buying eggs in the grocery store, be sure that there are no broken or cracked shells.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator.
- Be sure to read the expiration date found on the cheese, egg, and milk containers before each use. Do not use the product if it is past the expiration date. The expired product should be thrown into the garbage.

Recipe Source

<http://www.foodnetwork.com/recipes/melissa-darabian/spanish-tortilla-recipe/index.html>



Mexican Deviled Eggs

- 8 eggs
- 1 green onion
- 1/2 cup shredded cheddar cheese
- 1/4 cup mayonnaise
- 1/4 cup salsa
- 1 tablespoon sour cream
- 1/8 teaspoon salt

1. Place eggs in a pot and pour enough water over the eggs to cover. Turn burner control to high. Bring water to a boil. Place the cover on the pot and move it to a cool burner. Let the pot sit for 15 minutes. Meanwhile, fill a large bowl halfway with cold water. After the 15 minutes transfer the eggs from the pot to the cold water. Replace the water with cold water as needed to keep cold until the eggs are completely cooled. Chill in refrigerator at least 2 hours before peeling.
2. **Hold the green onion under cold running water while rubbing with tip of fingers. Slice the green onion on your produce cutting board.**
3. **After washing your hands**, remove the outer shell from the eggs and slice in half lengthwise. Remove yolks and set whites aside.
4. In a small bowl, combine the yolks, cheese, mayonnaise, salsa, onions, sour cream and salt. Mash with a fork until all ingredients are mixed together.
5. Spoon yolk mixture into the egg whites. Serve immediately or cover and place in your refrigerator until time to serve.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Hard boiled eggs need to be refrigerated after they have been cooked. Follow the 2 hour rule. The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.
- Soft boiled eggs and homemade mayonnaise containing raw eggs should be avoided by older adults, people with weakened immune systems, and people with chronic illnesses.

Recipe Source

<http://www.tasteofhome.com/Recipes/Mexican-Deviled-Eggs>



Egg In A Nest

- 1 (1-inch-thick) slice bread
- 1 large egg
- 1 tablespoon unsalted butter

1. In the center of the bread slice, cut a 2 inch hole.
2. Break the egg into a bowl and set aside. **Be sure to wash your hands after handling the raw eggs.**
3. Melt butter over medium high heat in a small skillet. Add the bread slice to the skillet.
4. Carefully pour the egg into the cut out hole in the middle of the bread slice. Cook until the bottom is golden brown, about 3 to 4 minutes. **Using a flat spatula, flip and cook until the second side is golden brown and both the yolk and white are firm (not runny).**
5. Add salt and pepper if you would like and serve immediately.



A bell pepper ring can be used in the place of bread. Just be sure to wash the bell pepper before using it with your eggs.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- When shopping in the grocery store, eggs should be the last item to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Discard any eggs that have a broken or cracked shell.
- Keep food out of the “Danger Zone”.
 - Raw eggs should not be out of the refrigerator for longer than 2 hours.
 - It is best to put any leftovers into the refrigerator within 1 hour.

Recipe Source

<http://familyfun.go.com/recipes/egg-in-a-nest-687037/>



Breakfast Bruschetta

- 1 (2-inch-wide) French baguette
- 2 tablespoons light whipped butter
- 1/2 teaspoon garlic powder
- 1 plum tomato
- 10 – 15 fresh basil leaves
- 4 eggs
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

1. **Slice the baguette into ½ inch slices on your produce cutting board.** Place butter in a small microwave safe bowl. Cover and microwave until melted, about 15 seconds. Spray a large baking sheet with nonstick cooking spray and place the baguette slices on the sheet. Using a pastry brush, evenly brush each slice of bread with the melted butter and sprinkle with garlic powder. Heat oven to 350°F. Bake bread slices in the oven until warm and crispy, about 8 minutes.
2. **Hold tomato under cold running water. Rub with both palms while turning continuously. Once clean wipe dry with a paper towel. Dice the tomato on your produce cutting board.**
3. **Separate and hold the individual basil leaves under cold running water while rubbing with tip of fingers. Once clean, dry basil leaves using a clean paper towel. Chop basil leaves on your produce cutting board.**
4. **Break the eggs one at a time into a small clean bowl. Transfer each egg to a larger bowl before breaking another egg into the smaller bowl. Beat until frothy. Be sure to wash your hands after handling the raw eggs.**



5. Spray skillet with a non stick cooking spray and heat over medium high heat. Add the beaten eggs. Scramble eggs until they are beginning to solidly. Add the tomato and basil to the skillet. **Continue cooking until the eggs are firm (not runny).**
6. Evenly distribute the scrambled egg mixture over the baked bread slices. Season with salt and pepper.

Additional Food Safety Notes Related To This Recipe

- Always start and finish with a clean work area by washing cutting boards, dishes, countertops, and cooking utensils with hot soapy water.
- Older adults, people with weakened immune systems, and people with chronic illnesses need to cook eggs until both the yolks and whites are solid or until the cooking thermometer reads 160°F.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.
- Keep food out of the “Danger Zone”.
 - Raw eggs should not be out of the refrigerator for longer than 2 hours.
 - It is best to put any leftovers into the refrigerator with 1 hour.

Recipe Source

<http://www.foodnetwork.com/recipes/breakfast-bruschetta-recipe/index.html>



Asparagus, Potato, and Onion Frittata

- 1/2 yellow onion
- 2 potatoes
- 1 pound asparagus
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup diced ham
- 6 eggs
- 1 tablespoon milk
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded white Cheddar cheese

1. Remove the skin from the onion. **Scrub the onion and potato with a vegetable brush while holding under cold running water. Cut the ends off the potato on your produce cutting board.** Using a grater, coarsely grate the potato and squeeze dry. **Chop the onion on your produce cutting board.**
2. **Place asparagus into a colander. Run cold water over the asparagus while rubbing each spear with your finger tips. Using the produce cutting board, slice the asparagus into 2 inch pieces.**
3. Heat oil in a large skillet over medium heat. Add the shredded potato and onion and cook, stirring occasionally, until the potato begins to brown, about 5 minutes. Season potato and onion mixture with salt and pepper.
4. Add asparagus and ham and continue cooking until asparagus is tender, about 5 to 7 minutes. Remove pan from heat.



5. **Break the eggs one at a time into a small clean bowl. Transfer each egg to a larger bowl before breaking another egg into the smaller bowl.** Add milk and beat until frothy. **Be sure to wash your hands after handling the raw eggs.**
6. Grease a 9x13 inch baking dish. Add the asparagus potato mixture to the baking dish and pour the eggs evenly on top. Sprinkle the mozzarella and white cheddar cheese over the top of the baking dish.
7. Preheat the oven to 350°F. Bake the egg dish in the preheated oven for 20 minutes. **After 20 minutes insert a cooking thermometer into the center of the egg dish. Continue baking until the internal temperature reaches 160°F.**

Additional Food Safety Notes Related To This Recipe

- Older adults need to cook eggs until both the yolks and whites are solid or until the thermometer reads 160°F.
- When shopping, eggs should be the last item to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- Always store eggs in their original container on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Clean up any egg spills immediately and sanitize the area where they occurred in your refrigerator. Keep a thermometer in your refrigerator and be sure the temperature is no warmer than 40°F.

Recipe Source

<http://allrecipes.com/recipe/asparagus-potato-and-onion-frittata/detail.aspx>