



*E is for Easter Egg!*  
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For many families, coloring Easter eggs is an important tradition. And for many children, Easter wouldn't be complete without a hunt for those treats.

Concerns about cholesterol and fat don't need to get in the way of fun this Easter. Eggs are an inexpensive source of high quality protein and contain 13 essential vitamins and minerals. They are also a rich source of lutein, zeaxanthin and choline. These nutrients aid in health promotion and disease prevention.

One egg is just 75 calories, 5 grams of fat, and 6 grams of protein. Eggs have just over 200 milligrams of cholesterol.

“But what about my cholesterol?” The American Heart Association recommends that healthy American adults limit cholesterol to less than 300 milligrams per day. For Americans with heart disease or diabetes, it is recommended to limit cholesterol to less than 200 milligrams per day.

To stay within these guidelines, nutrition experts recommend eating no more than 2 egg yolks per week. Why? The yolk is the portion of the egg that contains all of the dietary fat and cholesterol. The egg whites are high in protein and are fat and cholesterol free. Fat and cholesterol free egg substitutes are also available.

- Want to lower the cholesterol in your favorite recipe? When a recipe calls for 1 egg, substitute 2 egg whites or  $\frac{1}{4}$  cup egg substitute.
- Poach or hard cook eggs instead of frying to cut back on fat, or use non-stick pans or non-stick vegetable pan spray to reduce fat when preparing eggs.
- Prepare and serve eggs with low fat foods such as vegetables, fruits, and whole grain breads or cereals.

If you plan an Easter egg display, make sure that you don't eat eggs that have been out of the refrigerator for more than two hours. Use half the eggs for the display and put the other half in the fridge to enjoy.

What do you do with all those leftover eggs? Hard-cooked eggs make nice quick snacks. They can even be added to salads for extra protein and flavor. The old standbys also work, such as egg salad sandwiches, but if you want to cut down on fat, try these few tips. Mix chopped eggs with a tablespoon of low-fat yogurt and then add light or fat free mayo to moisten. If you enjoy creamed eggs on toast, make your sauce with skim milk, spices and just enough cornstarch to thicken.

**Here is a great recipe!**

### **Spinach Quiche**

- 3/4 cup liquid egg substitute or 3 large eggs or 3 /4 cup egg whites
- 1 package frozen chopped spinach (10 oz.)
- 3/4 cup shredded reduced-fat cheese
- 1/4 cup diced red or green peppers or mixture of both
- 1/4 cup diced onions
- Salt to taste - I like it salty and used a half teaspoon.

### **PREPARATION:**

Makes 12 mini-quiches

Need: Foil baking cups, muffin tin, cooking spray, oven

1. Heat oven to 350F
2. Line 12 cup muffin pan with foil baking cups, spray the cups with the cooking spray.
3. Thaw and drain spinach - I wring it out well in my hand, which eliminates a lot of the "spinachy" taste for those who hate boiled spinach.
4. Mix the spinach, egg substitute, cheese, peppers, onions, hot pepper sauce, salt in a bowl.
5. Fill the foil cups with the mixture
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6. Bake at 350F or 20 minutes, testing so that a knife inserted in the middle comes out clean.
7. Remove from cups to serve.

### **Nutrition:**

77 calories

5 grams fat - which includes 2 g. saturated, 3 g mono

10 mg cholesterol

3 grams carbohydrate

9 grams protein

2 grams fiber

160 mg sodium (more if you add salt as I did)