



## Dry Egg Mix

Eggs are a good source of protein. Protein is needed to build and repair cells. Dry egg mix is to be used in place of shell eggs in recipes. Leave out the salt in a recipe when using dry egg mix.

### Nutrition Information

Eggs are part of the meat and beans group. Foods from this group provide important nutrients like protein and iron.

Based on MyPyramid, 1 egg (2 Tablespoons dry egg mix) provide 1 ounce from the meat and beans group.

A typical person should try to eat 5½ ounces of meat and beans every day.

### Storage

Store unopened egg mix in the refrigerator, freezer, or in a dry, cool place where temperature is 50°F or below. Unopened egg mix can be stored for up to one year.

Refrigerate dry egg mix after opened, in a tightly covered plastic container.

### How to Use:

#### Directions:

1. Spoon dry egg mix lightly into a measuring cup or measuring spoons and level the top with a spatula or straight edge of a knife.
2. Measure lukewarm water and place into a bowl. Sprinkle dry egg mix over the water. Stir to moisten the dry egg mix.
3. Beat until smooth, scraping sides of the bowl as you beat.
4. Egg mix blended with water must be used immediately. The following chart shows how much egg mix and water is needed to equal fresh eggs.

Dry Egg Mix	Water	Eggs
2 Tablespoons	2 Tablespoons + 2 teaspoons	1
¼ cup	5 Tablespoons + 1 teaspoon	2
6 Tablespoons	½ cup	3
½ cup	10 Tablespoons + 2 teaspoons	4
10 Tablespoons	13 Tablespoons + 1 teaspoon	5
¾ cup	1 cup	6

Know how. Know **now**.



# Recipes



## Easy French Toast

4 servings

$\frac{1}{2}$ c. dry egg mix	$\frac{1}{8}$ tsp. nutmeg
$\frac{1}{2}$ c. water	4 slices bread
$\frac{1}{4}$ c. low-fat milk	powdered sugar
$\frac{1}{2}$ tsp. vanilla	(optional)
$\frac{1}{2}$ tsp. cinnamon	

1. In a shallow dish, mix egg mix and water until smooth.
2. Mix in the milk, vanilla, cinnamon, and nutmeg.
3. Spray a medium sized frying pan with cooking spray and place over medium heat.
4. Dip bread in egg mixture until well coated and place on frying pan.
5. Cook until golden brown on both sides.
6. If desired, sprinkle with powdered sugar.

**Nutrition Information per Serving:** Calories 140, Total Fat 3 g (5% DV), Saturated Fat 0 g (0% DV), Cholesterol 0mg (0% DV), Sodium 200 mg (8% DV), Total Carbohydrate 18 g (6% DV), Dietary Fiber 4 g (16% DV), Sugars 4 g, Protein 9 g, Vitamin A 0%, Vitamin C 2%, Calcium 8%, Iron 10%.



## Easy Scrambled Eggs

6 servings

$\frac{3}{4}$ c. dry egg mix	$\frac{1}{4}$ tsp. black pepper
$\frac{3}{4}$ c. water	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ c. low-fat milk	

1. In a large mixing bowl, beat together ingredients.
2. Spray a large saucepan with cooking spray and place over medium heat.
3. Pour in egg mixture. Cook, without stirring, until mixture begins to set on the bottom and around the edge of the pan.
4. Lift and fold cooked eggs for 2 to 3 minutes or until eggs are cooked throughout but are still moist.
5. Remove from heat and serve.

**Nutrition Information per Serving:** Calories 60, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 95 mg (4% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 2 g (8% DV), Sugars 3 g, Protein 6 g, Vitamin A 0%, Vitamin C 2%, Calcium 6%, Iron 4%.

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Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

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