

# Eggs Over Easy

**THE MEDITERRANEAN STYLE HEALTHY EATING PATTERN** associated with the new USDA Dietary Guidelines is based on the traditional foods of countries that surround the Mediterranean Sea. It offers a delicious way to boost your nutrition. Check out the diagrams at right to understand how the eating pattern of the Mediterranean Diet Pyramid fits within MyPlate guidelines.

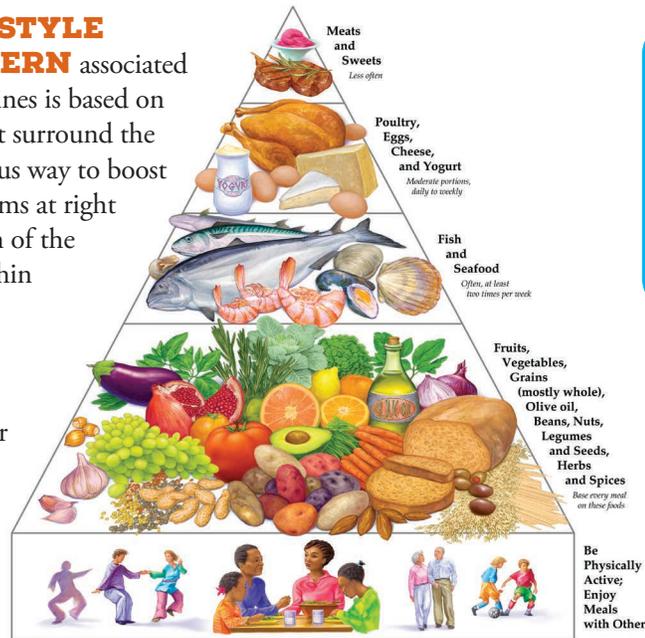


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## Food Lab

Work with your team to prepare your own version of a Mediterranean style dish using the recipe below as a basic building block. Refer to the diagrams above to ensure that your new salad combination includes more vegetables. Don't forget, you can include grains and fruits, too! Visit [eggnutritioncenter.org/content/uploads/What-is-the-Mediterranean-Diet.pdf](http://eggnutritioncenter.org/content/uploads/What-is-the-Mediterranean-Diet.pdf) and [choosemyplate.gov/MyPlate](http://choosemyplate.gov/MyPlate) for ideas. Record your team's recipe on the back of this paper, then share a taste-test with your classmates.

## Mixed Greens Salad with Eggs

(Yields: 4 servings)

- 1 pkg (5 oz.) baby lettuce mix
- 4 plum tomatoes, sliced
- 4 hard-boiled eggs, quartered lengthwise
- ½ cup part-skim mozzarella cheese

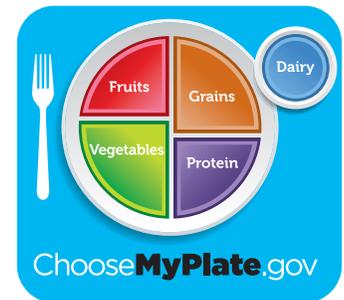
Top lettuce with 1 sliced tomato and 4 egg wedges, then sprinkle with 2 tablespoons cheese. Dressing idea: Drizzle olive oil and fresh lemon juice with a little salt and pepper instead of a processed dressing high in fat and sodium.

## A 12-Minute Method for Hard-Boiled Eggs

1. Place eggs in a saucepan large enough to hold them in a single layer.
2. Add cold water to cover eggs about 1 inch. Heat over high heat just to boiling.
3. Remove pan from burner. Cover pan.



<sup>1</sup>Tips on How to Hard-Boil Eggs, [www.incredibleegg.org/cooking-school/egg-cookery/hard-boil-eggs/](http://www.incredibleegg.org/cooking-school/egg-cookery/hard-boil-eggs/)



4. Let eggs stand in hot water for about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large eggs).<sup>1</sup>
5. Drain, then shock eggs in a bowl of ice water to cool them immediately.

6. Peel! Hard-boiled eggs are easiest to peel right after cooling.
7. Hard-boiled eggs should be eaten or refrigerated within two hours of cooking and used within one week.
8. Slicing tip for a great presentation: Lightly wet a knife without a serrated edge. After every cut, wipe the knife clean with a wet paper towel. A serrated edge will cause the egg to tear; the wet towel prevents anything from sticking.

## Knife Safety Tips

All knives are not equal, and neither are knife cuts! Part of the joy of cooking lies in the creativity you can use with various cuts. Check out [aspicperspective.com/how-to-use-knives/](http://aspicperspective.com/how-to-use-knives/) for more information.

Whatever the knife or cut, remember these important points:

1. Always point the knife blade away from you. Cut away from your fingers or yourself.
2. Use a pinch grip to hold the knife.
3. Use a rolling motion to cut.
4. Round fruits and veggies can be made steadier by cutting off ends first.
5. Keep fingers curled under or tucked in as you hold the food you are cutting.