

PROJECT: GET IT DONE TOGETHER

Week 3: Let's Make Eggs with chef Amy Kayne

Adult supervision recommended. We are excited to talk about everything eggs this week! Did you know eggs are an excellent source of vitamins, including vitamin D, B12, B6 and iron? Eggs are also full of protein and keep you feeling full longer. Here's what you'll need for all the ingredients so you can prepare in advance. The full recipes are also copied below in case you'd like to review for potential food allergies.

Ingredients:

- 1 dozen eggs
- 6 cups of cold water (and a few ice cubes)
- 1 cup of seasoned croutons (or gluten free seasoned croutons)
- 1 TBS and 1 tsp butter (or dairy free butter substitute)
- 1 slice of bread for toast (or gluten free bread for toast)
- 1 tsp mayonnaise
- ½ tsp Dijon mustard
- 1 dash cayenne pepper
- Salt and pepper to taste

Tools Needed:

- 1 Non-stick sauté pan
- 1 Small-medium saucepan
- 3 Pyrex one-cup bowls that can go in the oven or toaster oven
- 1 Mixing bowl
- 1 Paper towel
- Spoon
- Knife
- Toaster oven or oven

Recipes:

Scrambled Eggs

Ingredients:

- 3 eggs
- 1 tsp butter (or dairy free butter substitute)

Instructions: In a warm non-stick pan on medium heat, add a teaspoon of butter and let melt. Crack the 3 eggs right in the pan and then stir the eggs (not whisking). Stirring the eggs will make them creamy and not airy. Stir for 1 minute or until they are translucent. Makes 1-3 servings.

Soft Boiled Eggs

Ingredients:

- 3 eggs
- 3 cups of cold water
- 1 slice of bread (or gluten free bread)
- Salt and pepper to taste

Instructions: Boil water in a small-medium saucepan over medium heat (the saucepan should be large enough to hold the eggs in a single layer and the water should be enough to cover the eggs by an inch). Once water is boiling, add 3 eggs and set the timer for 6 minutes. In a small bowl, add 3 cups of cold water and some ice cubes. Once the timer goes off, remove the eggs carefully with a spoon and add the eggs to the bowl of ice water for about 2 minutes. Then slightly tap and crack each eggshell and scoop out the inside of each egg. Sprinkle with salt and pepper. Enjoy alone or on top of toast. Makes 1-3 servings.

Crouton Egg

Ingredients:

- 3 eggs
- 1 cup seasoned croutons (or gluten free seasoned croutons)
- 1 TBS softened butter (or dairy free butter substitute or cooking spray)

Instructions: Heat oven or toaster oven to 425 degrees. Add the butter to the paper towel and rub the inside of three Pyrex 1 cup bowls. Crack an egg in each of the Pyrex 1 cup bowls and top each with 1/3 cup of seasoned croutons. Place each egg dish in the oven or toaster oven for 8 minutes. Then remove each dish carefully by using potholders. Do not touch the dish as it will be very hot. Use a spoon to eat the egg from the cup. Makes 1-3 servings.

Deviled Eggs

Ingredients:

- 3 eggs
- 3 cups of cold water and a few ice cubes
- 1 tsp mayonnaise
- ½ tsp Dijon mustard
- 1 dash cayenne pepper
- Salt and pepper to taste

Instructions: Boil water in a small-medium saucepan over medium heat (the saucepan should be large enough to hold the eggs in a single layer and the water should be enough to cover the eggs by an inch). Once water is boiled, add 3 eggs to the boiling water and set the timer for 11 minutes. In a small bowl, add 3 cups of cold water and some ice cubes. Once the timer goes off, remove the eggs carefully with a spoon and add the eggs to the bowl of ice water for about 3 minutes. Then peel the eggshell off each egg. Cut each hard-boiled egg in half. Remove the yolk and add to a small bowl. Add the mayonnaise, Dijon mustard, cayenne pepper, dash of salt and pepper and mix well. Whip when mixing it. Add filling to each egg and top with a little dash of salt. Feel free to explore some different toppings (Everything seasoning spice, bacon, chopped scallions, etc.) and play with your palate a little. Makes 1-3 servings.