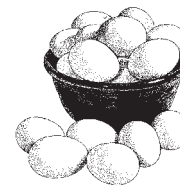


Cooking with Dry Egg Mix



Dry egg mix is made from whole eggs. Eggs are a good source of protein, which helps our bodies grow and stay healthy.

A serving size is equal to $\frac{1}{4}$ cup of dry mix. A 6-ounce package will make 10 large eggs.

Uses

Egg mix can be used to make scrambled eggs. You can also use the mix in recipes such as cakes, muffins, cookies and casseroles.

How to store it

Store unopened bags of egg mix in a cool, dry place. Use them within 12 months.

Once a package has been opened, place the unused egg mix in a resealable bag or in an airtight container and store it in the refrigerator.

How to prepare it

To make liquid eggs, stir 1 part mix with 2 parts warm water. Use a fork to blend the egg mix and water.

If you use egg mix in a recipe, sift the dry egg mix in with the other dry ingredients. Add the required amount of water to the other liquid ingredients listed in the recipe.

If you need one egg: Use 3 tablespoons of dry mix and 6 tablespoons water.

If you need two eggs: Use $\frac{1}{3}$ cup of dry mix and $\frac{2}{3}$ cup water.

Do not use the egg mix in foods that are not cooked.

Note: After you add water to the egg mix, use it right away or throw it away. To avoid waste, prepare only the amount of dry egg mix you need.

Scrambled Eggs (makes 5 servings, $\frac{1}{4}$ cup each)

What you need

- 1 $\frac{1}{2}$ cups warm water
- $\frac{3}{4}$ cup dry egg mix
- 2 $\frac{1}{2}$ tablespoons fluid milk
- 1 teaspoon butter, margarine or vegetable oil
- $\frac{1}{4}$ teaspoon ground pepper

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Pour the water into a mixing bowl. Add the egg mix and blend it with a fork.
3. Add the milk and ground pepper.
4. Over medium heat, heat the butter, margarine or oil in a large skillet.
5. Pour in the egg mixture. Cook the eggs until they start to get firm on the bottom and around the edges.
6. Using a large spoon, stir the eggs for about 2 minutes or until the eggs are cooked firm.

Note: If you like, you can also add chopped green onions, tomatoes, grated cheese or salsa for added flavor.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Dry Egg Mix*
by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Revision