

Kids Who Cook!

Nutrition Education Handout
Recipe: Easy Egg Sandwich
Class 1



NUTRITION-FOCUSED HEALTH
— ÉRICA RUBINO, RD, LD, CDCES —



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Welcome to Kids Who Cook! cooking series at DeSmet school!

Today was our first class and we made Easy Egg Sandwich and talked about food safety in the kitchen and learned about the food groups. We covered the following topics:

- Food safety- always wash your hands before & after cooking to avoid any contamination
- Microwave and oven safety
- How to read and modify a recipe
- Eggs! How to crack, cook, and nutrition information
- Food Groups- what the food groups are, why each is important, and foods within each

All of the recipes we make in this series are meant to be flexible, typically including alternative ingredients that can be used. We will talk about other healthy options to use based on what you have at home!

Today's recipe, Easy Egg Sandwich, focused around **EGGS!**

- Eggs are a powerhouse food and a versatile one at that! Eggs are a complete protein and are one of the most nutritious foods around and a great ingredient to enjoy as a snack or meal.
- Eggs are high in protein. They contain about 7 grams of protein that can be used in many ways to increase the protein content of any meal or snack. Proteins take longer to digest in our bodies and as a result, keep us full longer.
- If we can balance snacks with a protein + high-fiber carbohydrate we will feel satisfied for a longer period of time. Eggs can help balance those snacks. Today's recipe requires a microwave.

EASY EGG SANDWICH



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INGREDIENTS

- 2 Eggs
- 1 slice of bread, tortilla, or English muffin
- 1 tablespoon of shredded cheese
- ½ cup of vegetable of your choice (tomato, broccoli, spinach, bell pepper, onions, or any other vegetable you like!)



INSTRUCTIONS

1. Crack eggs in a bowl that is safe to go in the microwave (no metal!)
2. Whisk eggs with a fork
3. Add in your vegetables of your choice. You can also add the cheese now or wait until the eggs are cooked.
4. Cook eggs in the microwave for 45-60 seconds. Carefully remove from microwave (it might be hot) and stir. Then place eggs back in the microwave for 30 more seconds until they are fully cooked.
5. If you would like, toast your bread.
6. Place eggs on the bread or tortilla and top with any additional cheese and veggies.



MY RECIPE

Write down what veggies or toppings you added to your recipe!

What other ingredients would you want to try adding to this recipe?



Recipe has been lightly modified from its original from UMass Extension Nutrition Education Program, found here: <https://extension.umass.edu/recipes/easy-egg-sandwich>

Lesson: Food Groups!

There are 5 basic food groups, based on USDA's MyPlate. There are different ways to eat a balanced plate and today we learned how to identify which category foods typically fall under.

Write or draw examples of each of the food groups in the table below:

| Proteins | Grains | Vegetables | Fruits | Dairy |
|----------|--------|------------|--------|-------|
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