

WIC MENU IDEAS

EGGS

Egg Drop Soup
Stir Fry Vegetables
White Rice
Pineapple Chunks
Milk/Juice

Quiche
Green Salad with Dressing
Crackers
Strawberries
Juice/Milk

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EGGS

WIC eggs provide the protein, iron and vitamin A needed to build and repair body cells.

Ways To Use WIC Eggs

- ▶ *Keep 3-4 hard boiled eggs in the refrigerator ready to use, in the lunch box or as a snack, in salads, sandwiches, vegetable dishes and casseroles.*
- ▶ *Use eggs anytime of the day for omelets, French toast, custard, pudding, cake and for main dishes like creamed ham and eggs.*

Recipes Using WIC Eggs

EGG DROP SOUP

2 c water
2 T green onions, finely chopped

2 chicken bouillon cubes
2 eggs, beaten*

In sauce pan, boil water and add bouillon cubes. Stir until dissolved. Add onions and simmer until onions are tender. While stirring soup constantly, slowly pour in eggs. Continue stirring. Remove from heat. (Makes 2-4 servings.)

EGG SALAD

4 eggs, hard boiled, chopped
1/2 c salad dressing
1 T relish

1/2 tsp mustard
1/2 tsp salt
1/2 tsp pepper

Mix all ingredients in bowl until well mixed. Refrigerate. (Makes 2-4 servings.)

CUSTARD SAUCE OR SOFT CUSTARD

2 eggs*
1/2 c sugar

2 c milk*
1/2 tsp vanilla

Beat eggs and sugar in the top of a double boiler (or a pan that can be put into a larger pan with water in it.) Add milk. Stir over boiling water until it begins to thicken and form a film on a metal spoon. Cool and add vanilla. Use cold over fresh or canned fruit, gingerbread, leftover cake, etc. (Makes 2 1/2 cups.)

BASIC QUICHE

6 eggs*
1 c milk*

2 c cheese, shredded*
9" pie shell, unbaked

Mix eggs, milk and cheese. Pour into pie shell. Bake at 350° for 45 minutes or until an inserted knife comes out clean. (Makes 6 servings.)

For variations, add:

- 3-4 slices cooked bacon, crumbled.
- 1/2 c cooked, chopped spinach or broccoli.
- 1/2 or 1/3 cup chopped ham or chicken.

Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon