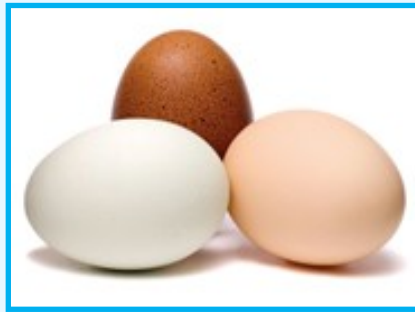


Health Tip of the Month

Exceptional Eggs!

Looking for a healthy, fast, low cost way to add protein to any meal?

Look no further than the incredible edible egg!



Eggs are more than just a breakfast food.

In fact, eggs are one of the most nutritious foods in our refrigerator. They are easy to cook and can be used in many types of meals. Even picky kids love to eat them.

Add hardboiled eggs to a salad for lunch or make a delicious frittata for dinner!

Easy Vegetable Frittata

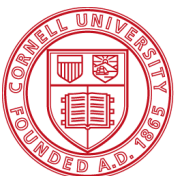
- 1 tablespoon olive oil
- 2 cups chopped vegetables
- 6 eggs, lightly beaten
- $\frac{3}{4}$ cup low fat milk
- $\frac{1}{2}$ cup shredded low-fat cheese
- Pinch of salt and pepper



Preheat the oven to 350° F. Heat oil in an ovenproof skillet. Add chopped vegetables, and cook until softened.

Combine eggs, milk, and cheese and add to skillet with vegetables. Cook for 2 minutes, then transfer to the oven and bake for about 15 minutes until set.

Get creative! Add your favorite veggies, cheeses, and herbs.



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Worksite Wellness Initiative: by Leah Gorham, Dietetic Intern
CUNY School of Public Health, Hunter College 55:5/15
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