

Eggstras from Easter

Spring has sprung and Easter is on its way! It is the time of the year to decorate Easter Eggs with kids and grandkids.

Eggs are a superpower food. They supply around 75 calories, 6 grams of protein, and they are packed with nutrients like Calcium, Vitamin D, and Choline, which is good for the brain and nerves. But are eggs heart healthy?

In the past, we were told to limit the number of eggs we eat because we believed that foods high in cholesterol, like eggs, were responsible for increasing blood cholesterol. Too much blood cholesterol can lead to heart disease. Egg yolks contain a high level of dietary cholesterol, around 210 mg. We have now discovered that saturated fat and trans-fat in our diet are what cause increased cholesterol levels in our body, not the cholesterol from the foods we eat. Eggs only contain 1.6 grams of saturated fat and zero trans-fat. The egg whites contain more protein than the egg yolks.

How many eggs per day should we eat? The American Health Association recommends eating one egg, or two egg whites, per day, as part of a healthy diet. Also, pay attention to what you eat with your eggs. Adding bacon, sausages, or extra butter on your toasts can all increase the amount of saturated fat and trans-fat we eat.



Nutrition Notes by Jeannine

This recipe is easy to make and is delicious!

Brocco Poppers

- ½ cup shredded cheddar cheese (2 ounces)
- 2 eggs
- ½ cup dry bread crumbs
- 1 Tablespoon all-purpose flour
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 12 ounces frozen broccoli, thawed, dried and chopped very small (about 2 ½ cups)

Directions

1. Wash your hands with soap and water.
2. Preheat oven to 375 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together the cheese, eggs, bread crumbs, flour, garlic powder, salt and pepper.
4. Add broccoli to the bowl and stir all ingredients to mix them evenly.
5. Scoop a rounded Tablespoon of the mixture onto the baking sheet and form into a ball. Leave about 1-inch between each ball.
6. Bake until poppers are golden brown, and cheese is bubbling, about 15 minutes.
7. Remove from oven and let cool for 1 to 2 minutes before removing from the pan and serving.
8. Refrigerate leftovers within 2 hours.

Note: No frozen broccoli? Use fresh broccoli that is lightly cooked and chopped. Try different cheeses such as pepper jack or a mixture of mozzarella and parmesan. Enjoy!

Nutrition Education Quarterly Topic:

“Food Emergency Preparedness Plan at Home”

Jeannine Gaillardetz, RD, provides nutrition education for seniors at each of our Dine-In sites during lunch service.

Here is the April schedule:

- April 9, 2025 – Cameron Park
- April 16, 2025 – El Dorado Hills