



A cooking and nutrition Fact Sheet

August 2010

Using Dried Egg

Dried eggs can be used in recipes that call for eggs. Use the chart below for proper measurement. Use a fork or wire whisk to mix egg and water. The mixture may be lumpy, but break up large lumps.

Dried Egg Mix	+	Water	=	Eggs
¼ cup	+	¼ cup	=	1
½ cup	+	½ cup	=	2
¾ cup	+	¾ cup	=	3

Banana Bread

2-3 medium-sized ripe bananas, mashed
½ cup vegetable oil
1 cup sugar
½ cup dry egg mix
½ cup water
2 cups flour
1 teaspoon baking soda
½ teaspoon salt
½ cup chopped nuts (optional)

1. Preheat oven to 350°F. Grease and flour one loaf pan.
2. In a medium bowl, mix oil and sugar until creamy.
3. In a small bowl, mix dry egg mix with water. Add to oil/sugar mixture and beat well.
4. Stir in mashed bananas. Add flour, baking soda and salt, stir only until smooth.
5. Bake for 50 to 60 minutes or until toothpick inserted in middle comes out clean.

Quick Tips for Using Dry Eggs

Use your favorite recipe and the chart above.

- **In meatloaf/meatballs:** Mix dry egg mix and water. Use in place of whole egg. (See *Porcupine Meatballs* recipe)
- **In casserole/baked vegetable dishes:** Mix dry egg mix with water. Add to other ingredients in place of whole egg. (See *Potato Cheese Bake* recipe.)
- **In baking:** Mix dry egg mix with water. Use in cake, cookie or quick bread in place of whole eggs. (See *Banana Bread* recipe.)

Savory Scrambled Eggs

2 Tablespoons butter
1½ cup egg mix
1½ cup water
Salt and pepper
⅓-½ cup shredded cheese

1. Heat skillet over medium heat. Add butter and melt until bubbling.
2. Mix egg mix and water. Pour in skillet and cook until eggs start to thicken.
3. Add cheese to skillet and cook until eggs are done.

☆Tip

- Add chopped onions, green pepper, dried herbs to make scrambled eggs a new dish.

☆Variation

- Mexican Scramble: Decrease water to 1 cup and add ½ cup salsa.

Salmon Loaf

4 cups rice, cooked
2 cups cheese, grated
1 can salmon or 2- 6 ounce cans tuna
2 Tablespoons chopped onion
2 Tablespoons parsley flakes
 $\frac{3}{4}$ cup dry egg mix
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup evaporated milk

1. Preheat oven to 375°F. Lightly coat a loaf pan with oil.
2. Drain salmon. Separate salmon with a fork and mash bones.
3. In a medium bowl, add rice, cheese, salmon, onion, and parsley. Mix well.
4. In a small bowl, mix dry egg mix and water. Stir in evaporated milk. Pour egg and milk mixture into the salmon mixture. Mix well.
5. Pour salmon mixture into loaf pan. Bake for 45 minutes.

☆Tip

- Freeze half, use within one month for best flavor.

Potato Cheese Bake

$\frac{1}{3}$ cup dry eggs
 $\frac{1}{3}$ cup water
1½ cups mashed potatoes
 $\frac{1}{4}$ small onion, chopped
1 cup cubed cheese
2 Tablespoons milk

1. Preheat oven to 375°F. Grease 9 inch x 9 inch baking pan.
2. Mix all ingredients. Pour into baking pan.
3. Bake 30 minutes or until the blade of a knife inserted in the center comes out clean. Serve at immediately.

☆Tip

- Leftover mashed potatoes or instant mashed potatoes can be used.

Porcupine Meatballs

Yield: 8 servings

2 pounds hamburger
2 cups cooked rice
2 eggs, beaten
 $\frac{1}{4}$ cup finely chopped onion
1- 8 ounce can tomato sauce
Salt and pepper to taste

1. Preheat oven to 350°F.
2. Prepare cookie sheet by lining it with foil. Lightly oil the foil.
3. Mix all ingredients together in a large bowl. Roll into small balls and place on cookie sheet.
4. Bake for 20 to 30 minutes or until cooked in middle.

PER SERVING: CALORIES 378 • FAT 24 G • PROTEIN 23 G • CARBOHYDRATE 16 G • FIBER 1 G • GOOD SOURCE OF VITAMIN B12

☆Variation

- Cocktail meatballs: Mix 1 bottle chili sauce and 1 small jar currant or grape jelly. Bring to a simmer in a small pan. Add cooked meatballs and keep warm.

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