

# 10 Ways to Cook Eggs

**HEALTH\*MATTERS** UCB Wellness Program for Faculty and Staff  
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## 1. Scrambled

Crack eggs in a mixing bowl and scramble together with a whisk or fork. Optional: Add milk and continue whisking. Pour into a greased pan and cook for 1-2 minutes. Use a spatula to push the eggs into the center of the pan until fully cooked.

## 2. Hard-Boiled

Place eggs in water, bring to a boil, then remove heat, place a lid on the pot, and let stand for 12 minutes. Drain and run under cool water. Peel.

## 3. Microwaved

Beat an egg with a little milk, pour into a microwave-safe mug, and heat for 1 minute.

## 4. Omelet

Follow instructions for scrambled eggs, but push egg into the center of the pan until there's no liquid left. Flip egg and cook for a few seconds. Add fillings, then fold and cook for another minute or so.

## 5. Poached

Add water and 2 tsp white vinegar to a pot, bring to a simmer. Crack each egg into a cup and slide into the water. Cook 2-3 minutes for slightly runny yolks.

## 6. Roasted

Preheat oven to 325. Place eggs (in shell) into a muffin pan and bake 25-30 minutes. Peel.

## 7. Frittata

Saute vegetables and fillings with a little oil in a large oven-safe pan. Whisk eggs and pour over vegetables, making sure the fillings are covered. Cook for 1-2 minutes, until you see the edges start to set. Put the pan in the oven and bake 8-10 minutes until eggs are set. Test for doneness by cutting a slit in the middle.

## 8. Egg Muffins

Whisk 10 large eggs and stir in 2 cups of desired fillings. Pour into a greased muffin pan and bake at 350 for 20-25 minutes, or until muffins are light brown on top.

## 9. Stuffed in Bell Peppers

Preheat oven to 350. Saute vegetables of choice. Whisk together eggs, seasonings, and veggies. Cut off tops and remove seeds from bell peppers and place into a baking dish. Pour in egg mixture and bake 35-40 minutes, or until eggs are fully cooked.

## 10. Tamagoyaki (Japanese rolled omelet)

Whisk 1 egg with 1 tsp soy sauce and optional ½ tsp sugar, then pour into a preheated greased pan. Quickly swirl until the bottom of the pan is evenly covered. When egg is set but not fully cooked, fold into thirds, then roll it up.



Eggs are an excellent and fairly inexpensive source of protein, and provide healthful vitamins, minerals, and other nutrients.

For most healthy people, one egg a day, on average, seems to have no harmful effects, and may even be helpful.

Health\*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

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