

# Using Instant Scrambled Egg Mix

*Prepared by Extension Foods and Nutrition Staff, Oregon State University, Corvallis*

You will enjoy using the new scrambled egg mix. It can be used in a variety of *cooked dishes*. It is quick and easy to use and will keep fresh in your refrigerator for a long time if tightly covered. Dry egg mix, like a shell egg, is packed with protein, iron, and vitamin A. These materials are all necessary for growth and health of the body.

$\frac{1}{4}$  cup egg mix (packed) and  $\frac{1}{4}$  cup water  
equal  
one shell egg

Serve eggs or foods containing eggs several times a week for good eating and good nutrition. Eggs take only minutes to prepare and can be used in many ways. Check your cookbook for ideas.

**Cooking Tip:** Eggs are a protein food and like other protein foods (cheese, meat) become tough when cooked at high temperatures.

## Preparation of Egg Mix

Number of $\frac{1}{2}$ -cup servings	Dry egg mix	Water
9	1 can	1 egg mix can
6	2 cups	2 cups
4	1 $\frac{2}{3}$ cups	1 $\frac{2}{3}$ cups
2	$\frac{2}{3}$ cup	$\frac{2}{3}$ cup
1	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup

Put egg mix and water in large bowl. Beat until well mixed. Pour into heated, greased fry pan. Cook over medium heat and stir until eggs are thoroughly cooked and firm.

## Using Scrambled Egg Mix in Baked Products

Scrambled egg mix can be used in breads, cakes, cookies, and other baked foods. For each egg called for in a recipe, use:

$\frac{1}{4}$  cup dry egg mix, packed       $\frac{1}{4}$  cup water

Gradually pour water into egg mix and whip until only a few lumps remain. Add this to product as eggs are called for in recipe. (Use promptly after mixing with water.)

**Note:** It is often quicker and easier to combine the dry egg powder with the dry ingredients and then increase the liquid in the recipe the amount that would have been added to the dry egg mix.

## Egg-Cheese-Canned Meat Pie

1 cup dry egg mix, packed      1 cup cut-up cheese  
1 $\frac{1}{2}$  cups water      Sprinkle of pepper  
2 cups cut-up canned      9-inch pie crust, unbaked  
chopped meat or canned  
luncheon meat

In a large bowl, beat egg mix and water together until free from lumps. Add meat, cheese, and pepper. Pour mixture into the pie crust. Bake in hot oven (425° F) for 45 minutes.

## Meat Loaf

$\frac{1}{4}$  cup dry egg mix, packed       $\frac{3}{4}$  cup quick-cooking  
 $\frac{1}{4}$  cup water      rolled oats  
1 small onion       $\frac{1}{2}$  cup tomato sauce  
 $\frac{1}{2}$  green pepper, if you like      1 teaspoon salt  
1 pound ground beef       $\frac{1}{4}$  teaspoon pepper

In a large bowl, beat egg mix and water together until free from lumps. Finely chop onion. Chop green pepper, if used. Mix all ingredients well. Shape into a loaf in a baking pan. Bake in moderate oven (350° F) 1 hour or until browned on top.

## Pancakes

2 cups flour       $\frac{1}{3}$  cup nonfat dry milk  
1 tablespoon baking       $\frac{1}{4}$  cup dry egg mix,  
powder      packed  
1 teaspoon salt       $\frac{1}{3}$  cup melted fat or oil  
2 tablespoons sugar      1 $\frac{3}{4}$  cups water

Mix flour, baking powder, salt, sugar, egg mix, and milk together in a large bowl. Add melted fat and water to the flour mixture. Stir just until mixed. Pour spoonfuls of batter onto heated, greased fry pan. Cook pancakes until top is covered with bubbles, then turn and brown the other side. Makes 15 to 20 pancakes.

## French Toast

1 $\frac{1}{2}$  cups dry egg mix,      12 slices bread  
packed      Fat or oil for frying  
2 cups water

In a large bowl, beat egg mix and water until free from lumps. Dip each slice of bread in egg mixture, turning the slice to cover both sides. Fry in a heated fry



This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics, Gene M. Lear, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.

pan with just enough fat or oil to prevent sticking. Cook over medium heat until browned on one side. Turn and brown the other side. Makes 6 servings, 2 slices each.

#### Muffins

2 cups flour	$\frac{1}{3}$ cup nonfat dry milk
1 tablespoon baking powder	$\frac{1}{4}$ cup dry egg mix, packed
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{4}$ cups water
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup melted fat or oil

Mix flour, baking powder, salt, sugar, milk, and egg mix together in a large bowl. Add water and fat or oil. Stir with a fork until just moistened. Batter will be lumpy. Fill greased muffin tins two-thirds full. Bake at 400° F (hot oven) 20 to 25 minutes or until muffins are golden brown. Makes 12 muffins.

#### Cornbread

1 cup cornmeal	$\frac{1}{2}$ teaspoon salt
1 cup flour	$\frac{1}{4}$ cup dry egg mix, packed
4 teaspoons baking powder	$1\frac{1}{4}$ cups water
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup melted fat or oil
$\frac{1}{3}$ cup nonfat dry milk	

In a large bowl, mix the cornmeal, flour, baking powder, sugar, salt, milk, and egg mix. Add water and fat and stir just until mixed. Fill greased baking pan half full and bake at 400° F (hot oven) for 25 minutes, or until golden brown.

#### Scrambled Eggs With Tomatoes

$\frac{1}{2}$ small onion	$\frac{1}{2}$ teaspoon salt
1 tablespoon fat or oil	2 cups dry egg mix, packed
1 cup cooked or canned tomatoes	2 cups water

Finely chop onion. Heat fat or oil in pan. Add onion and cook over medium heat until tender. Cut up tomatoes and add to onion. Add salt. Heat. In a large bowl, beat egg mix and water together until free from lumps. Pour into heated, greased fry pan. Cook over medium heat and stir until eggs are thoroughly cooked. Gently stir in tomato-onion mixture and serve. Makes 6 servings, about  $\frac{1}{2}$  cup each.

#### Scrambled Eggs with Cheese

2 cups dry egg mix, packed	2 cups water
	2 cups cut-up cheese

In a large bowl, add water to egg mix and beat until free from lumps. Pour into heated, greased fry pan. Cook over medium heat and stir until eggs begin to get firm. Sprinkle cheese over eggs. Continue cooking until eggs are firm and cheese is melted. Makes 6 servings,  $\frac{1}{2}$  cup each.

#### Scrambled Eggs With Canned Meat

1 tablespoon fat or oil	2 cups dry egg mix, packed
$\frac{1}{4}$ small onion	2 cups water
1 cup cut-up canned chopped meat or canned luncheon meat	

Finely chop onion. Heat fat or oil in large fry pan. Add onion and cook over medium heat until tender. Add meat and heat. In a large bowl, beat egg mix and water until free from lumps. Add to onion-meat mixture. Cook over medium heat and stir until eggs are thoroughly cooked. Makes 6 servings, about  $\frac{1}{2}$  cup each.

#### Cheese Strata (Makes 6 servings)

12 slices day-old bread	$\frac{1}{4}$ teaspoon dry mustard
6 slices cheese	$1\frac{1}{2}$ teaspoons salt
1 cup dry egg mix	1 tablespoon chopped onion
1 cup water	$\frac{1}{8}$ teaspoon pepper
$2\frac{1}{2}$ cups milk or $\frac{3}{4}$ cup nonfat dry milk and $2\frac{1}{2}$ cups water	

Arrange 6 slices of bread in bottom of a 12 by 7-inch baking dish. Cover with cheese, then with remaining bread. Beat water into dry egg until lump free. Add remaining ingredients and pour over bread. Let stand 1 hour and bake in a moderately slow oven (325° F) for 1 hour. Serve with tomato sauce if desired. Serves 6.

#### Baked Custard (8 servings, $\frac{1}{2}$ cup each)

1 cup dry egg mix, packed	$\frac{1}{4}$ teaspoon salt
1 cup nonfat dry milk	4 cups hot water
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla

Preheat oven to 350° F (moderate). Combine the dry ingredients until well blended. Add enough of the measured hot water to make a thick paste. Press out all lumps. Add the remaining water, stirring well. Add vanilla. Pour into a baking dish and set it in a baking pan in the oven. Pour 1 inch of hot water into the baking pan. Bake for 45 to 50 minutes or until set. Custards are done when a knife inserted in the center comes out clean. (Shorten the baking time by 5 to 10 minutes if using custard cups.)

#### Egg Salad Sandwich Spread

2 cups cooked scrambled eggs	1 tablespoon prepared mustard
$\frac{1}{2}$ teaspoon salt	1 small onion, if desired
$\frac{1}{2}$ teaspoon pepper	2 tablespoons mayonnaise or salad dressing
$\frac{1}{4}$ cup pickle relish or chopped pickle	

Chop eggs and onion, if used. Mix all ingredients well. Makes about 3 cups sandwich spread.