

Shop Smart Tennessee: Easy Hard-Boiled Eggs

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EASY HARD-BOILED EGGS

Servings: 12

12 eggs

3 cups cold water

In a saucepan, place eggs in a single layer. Add cold water until eggs are covered by 1 inch.

Cover and bring to a boil.

Remove from heat.

Let stand for 15 minutes.

Rinse eggs in cold water.

Store in the refrigerator for up to one week.

When ready, peel and enjoy!

Nutrition information per serving: 72 calories; 5 g total fat; 71 g sodium; 0 g carbohydrates; 0 g dietary fiber; 6 g protein.

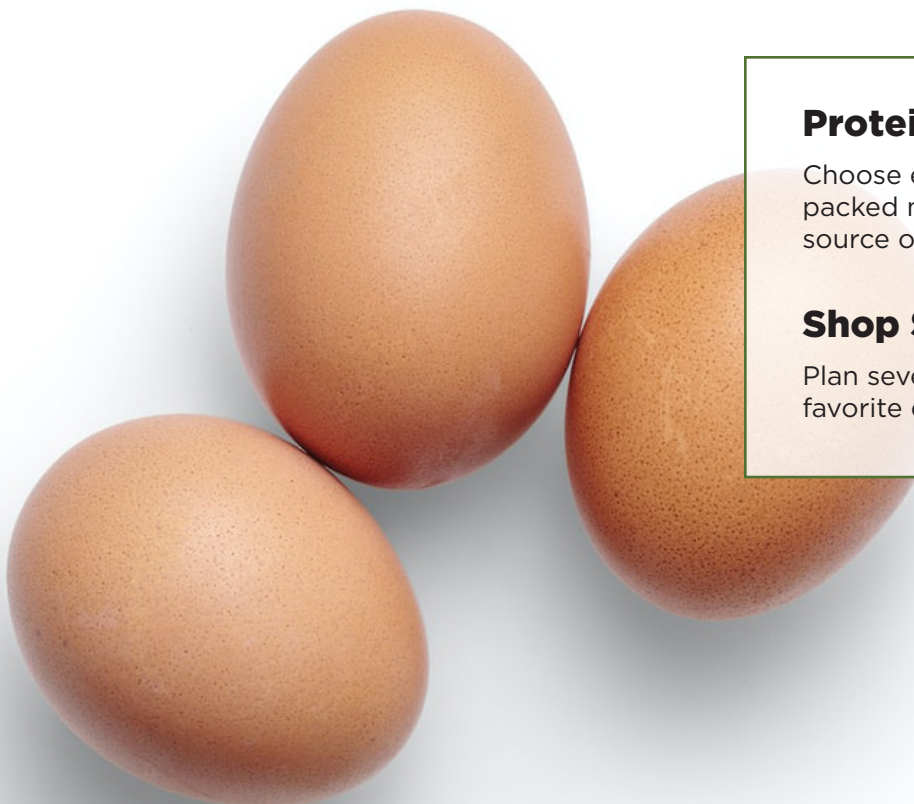


Protein Power

Choose eggs. Eggs make an excellent protein-packed meal or snack. Eggs are an inexpensive source of protein.

Shop Smart to Save

Plan several meals around your family's favorite dishes.





HUEVOS HERVIDOS

Porciones: 12

12 huevos

Agua fría

En una cacerola, coloque los huevos en una sola capa. Agregue agua fría hasta que los huevos estén cubiertos por 1 pulgada.

Cubra y deje hervir.

Quite del fuego.

Deje reposar 15 minutos.

Enjuague los huevos en agua fría.

Guarde en el refrigerador por hasta 1 semana.

Información nutricional por porción: 72 calorías; 5 g grasa total; 71 g sodio; 0 g carbohidratos; 0 g fibra dietética; 6 g proteína.



Poder de las proteínas

Elija los huevos. Los huevos hacen una excelente comida o refrigerio lleno de proteínas. Los huevos son una fuente barata de proteína.

Compre inteligentemente para ahorrar

Planifique varias comidas alrededor de los platos favoritos de su familia.



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