

# Boiled Eggs

An egg is a perfect meal in a shell! Eggs are delicious, and full of fantastic nutrients like protein and B vitamins.

Makes: 4 Servings  
 Prep Time: 3 Minutes  
 Cook Time: Approximately 20 Minutes

Source: [www.chopchopfamily.org](http://www.chopchopfamily.org)

## Ingredients

- 4 large eggs
- cool water to cover eggs

## Directions

1. Gently put the eggs in the pot and add enough water to cover the eggs by about 1 inch.
2. Put the pan on the stove, turn the heat to medium-high, and bring the water to a full boil (you'll know the water is boiling when you see bubbles breaking all over the surface).
3. As soon as the water boils, turn off the heat, cover the pan, and let it sit for 10 minutes.
4. Fill a bowl with cold water and some ice cubes.
5. After 10 minutes, using a large slotted spoon, move the hot eggs to the bowl of ice water and let them cool for 5 minutes.
6. Drain the eggs (hold them against the bowl with your hand while you pour out the water), then shake the bowl back and forth so that the eggs roll around, bump into each other hard, and the shells crack all over. The cracked shells should be easy to peel off with your fingers. Refrigerate peeled eggs in a sealed container if not eating immediately.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 egg	
Nutrients	Amount
Calories:	77
Total Fat:	5.28 g
Saturated Fat:	1.6 g
Cholesterol:	211 mg
Sodium:	139 mg
Total Carbohydrates:	0.56 g
Dietary Fiber:	0 g
Total Sugars:	0.56 g
Added Sugars:	0 g
Protein	6.26 g

## Utensils Needed

- Medium size pot with lid
- Kitchen timer or clock
- Medium bowl
- Large slotted spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$2.85

Average total cost without oil and seasonings per serving: \$0.71

Recipe Makes: 4 servings (ingredients make recipe 3 times)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Eggs, 1 dozen

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Boiled eggs work best when done in smaller batches. If doubling or tripling this recipe it is still recommended to cook each batch separately.
- If bits of egg shell stick to the egg while peeling, rinse briefly under cool water.
- Boiled eggs make great protein-boosting additions to salads or other veggies for a quick and healthy meal.