

Get smart about eggs

September 2 2019, by Len Canter, Healthday Reporter



The word on eggs changes faster than you can say "sunny-side up." One day their cholesterol isn't a concern and the next day it is.

After a 2018 study found an egg a day was fine for healthy people, a 2019 study published in the *Journal of the American Medical Association* found that this amount could raise the risk for cardiovascular disease and early death.

So what's the answer? Moderation and balance.

While eggs do have cholesterol, the cholesterol and saturated fat in meat is still likely to be more dangerous than eggs if you overdo it. Also, the *JAMA* study found no increased risk from eating eggs if kept at fewer than three a week.

It's important to keep in mind that [egg yolks](#) (where the cholesterol is found) do deliver a world of nutrition, including healthy fatty acids, and a wide array of vitamins and minerals, with only 70 calories apiece. The problem is when we indulge in egg dishes that contain a lot of gooey cheese, which adds hundreds of calories and, like meat, saturated fat. One answer is to pick Parmesan for recipes. It has a bolder flavor than many other cheeses, which allows you to use a lot less without sacrificing taste.

Another step is adding [fresh vegetables](#) to boost the nutrition profile of egg dishes. This frittata is perfect for a weekend brunch, and you can enjoy any leftovers during the week.

V-egg-ie Frittata

- 6 large eggs
- 1 cup roasted and chopped red bell peppers
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt or salt-free seasoning
- Olive oil cooking spray
- 1 zucchini, diced

- 1 cup chopped broccoli florets

Preheat oven broiler with the rack in the second position from the top.

Place eggs in a large bowl along with the Parmesan, red bell pepper and salt. Whisk and set aside.

Coat a medium, ovenproof skillet with a thick layer of cooking spray. Place over medium-high heat and add the zucchini and broccoli, cooking three to four minutes to soften. Carefully pour the egg mixture over the vegetables. Cook two to three minutes without stirring to allow the bottom to brown.

Now place the skillet in the oven and broil the frittata until the top is lightly browned and the [eggs](#) have firmed up in the center, three to four minutes. Remove the frittata from the oven and let it rest three minutes. Loosen the edges with a spatula and cut into six wedges. Serve immediately.

Yield: 6 servings

More information: The American Heart Association has more on [the debate surrounding eggs](#) and your health.

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