

peel and eat eggs

How to boil eggs-

- 1. Place eggs in a saucepan. Cover with water.
- 2. Heat water to a fast boil. Remove pan from the heat, cover and let sit for 15 minutes.
- Drain water off the eggs. Run cold water over the eggs.
- Cool eggs in the refrigerator before peeling.





© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced for educational purposes.





peel and eat eggs

How to boil eggs-

- Place eggs in a saucepan.

 Cover with water.
- 2. Heat water to a fast boil. Remove pan from the heat, cover and let sit for 15 minutes.
- Drain water off the eggs.Run cold water over the eggs.
- Cool eggs in the refrigerator before peeling.

© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced for educational purposes.