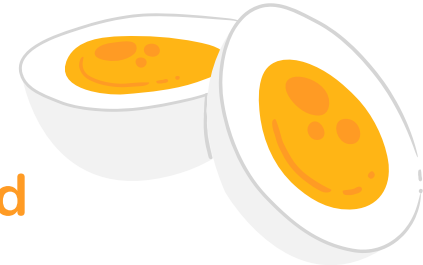


E is for Egg



Health Benefits

- Eggs provide 6 grams of protein at only 71 calories per serving, thus considered the “Gold Standard” for protein
- High-quality protein has been shown to reduce overall calorie intake, keep you full, stay energized, and help build/maintain muscle mass
- Eggs have 13 vitamins and a mere 70 calories
- Eggs also contain Vitamin D and folic acid

Fun Facts

- Nutritionally, brown and white eggs are pretty much the same. Egg color depends on the hens laying them.
- Chicken and ostrich eggs are the most common eggs consumed worldwide.
- Hens requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.

Peachy Egg Custard

INGREDIENTS:

- 2 cups low-fat or skim milk
- 4 eggs
- 1 cup sugar
- ½ cup flour
- 1/4 tsp each vanilla extract
- 1/4 tsp almond extract
- 1/4 tsp ground nutmeg
- 1 cup diced peaches, drained

tsp = teaspoon, T = tablespoon

DIRECTIONS:

Preheat oven to 325°. Combine all but the peaches in a blender and process until well blended. Pour into greased 9” pie plate. Sprinkle diced peaches over custard and bake for 45-55 minutes or until knife inserted comes out clean. Serve warm or chilled. Refrigerate.



Lemon Pudding Dessert Cups

INGREDIENTS:

- 3/4 cup sugar
- ¼ cup cornstarch
- 2 ½ cups milk
- 3 large egg yolks, lightly beaten
- 2 T finely grated lemon zest
- pinch salt
- ½ cup fresh lemon juice
- ½ cup fresh sliced strawberries or whole raspberries
- 8 gingersnap cookies

DIRECTIONS:










Whisk sugar and cornstarch together in medium saucepan. Add milk and whisk until smooth. Add egg yolks, zest and salt and cook over medium heat stirring constantly with whisk until thickened (it will thickly coat the back of a spoon). Remove from heat and stir in lemon juice. Pour into 4 individual serving dishes. Let stand about 15 minutes then refrigerate for at least 3 hours or until thoroughly chilled and set. Just before serving, place berries on top of each and stand up two gingersnaps on each side of the berries.





February

Hot Route & Dining Site Menu:
Sauk City

Monday	Tuesday	Wednesday	Thursday	Friday
To cancel or reserve a meal: Sauk City: 963-3437	NOTE: Due to product availability, meals are subject to change on occasion and without notice. Home Delivered Meals include milk.		1 Italian Rigatoni California Blend Veggies Brownie Garlic Toast	2 
5 Ring Bologna Macaroni & Cheese Baked Beans Melon Cup	6 Italian Meatloaf Loaded Mashed Potatoes Broccoli Florets Brownie Bread		8 Roast Beef Mashed Potatoes & Gravy Carrots Fruit Cocktail	9 
12 BBQ Pulled Pork on Bun Vegetable & Pasta Salad Pickled Beets Cookie	13 Shepherds Pie Copper Penny Salad Angel Food w/ Berries Dinner Roll		15 Hamburger Steak Mashed Potatoes & Gravy Corn Ice Cream Bread	16 
19 Ham, Broccoli, & Rice Casserole Carrots Fruited Jell-O Salad	20 Roasted Turkey Dressing, Gravy Broccoli Florets Pumpkin Bar		22 Kielbasa & Sauerkraut Red Potatoes Fruit Salad Dinner Roll	23 
26 Chicken Salad Sandwich Vegetable & Pasta Salad Pears Caramel Crumb Bar	27 Tater Tot Hot Dish Corn Dinner Roll Sheet Cake		29 Grilled Chicken Breast Rice Pilaf Peas Brownie Dinner Roll	