

Cooking without Eggs

PHYSICIANS COMMITTEE FOR RESPONSIBLE MEDICINE

5100 WISCONSIN AVE., N.W., SUITE 404 • WASHINGTON, DC 20016
PHONE (202) 686-2210 • FAX (202) 686-2216 • PCRM@PCRM.ORG • WWW.PCRM.ORG

Many people choose not to use eggs in their diet. About 70 percent of the calories in eggs are from fat, and a large portion of that fat is saturated. They are also loaded with cholesterol—about 213 milligrams for an average-sized egg. Because eggshells are fragile and porous, and conditions on egg farms are crowded, eggs are the perfect host to salmonella—the bacteria that is the leading cause of food poisoning in the U.S.

Eggs are often used in baked products because of their binding and leavening properties. But smart cooks have found good substitutes for eggs. Try one of the following the next time you prepare a recipe that calls for eggs:

- If a recipe calls for just one or two eggs, you can often skip them. Add a couple of extra tablespoons of water for each egg eliminated to balance out the moisture content of the product.
- Eggless egg replacers are available in many natural food stores. These are different from reduced-cholesterol egg products, which do contain eggs. Egg replacers are egg free and are usually in a powdered form. Replace eggs in baking with a mixture of the powdered egg replacer and water according to package directions.
- Use 1 heaping tablespoon of soy flour or cornstarch plus 2 tablespoons of water to replace each egg in a baked product.
- Use 1 ounce of mashed tofu in place of an egg.
- In muffins and cookies, half a banana, mashed, can be used instead of an egg, though it will change the flavor of the recipe somewhat.
- For vegetarian loaves and burgers, use any of the following to bind ingredients together: tomato paste, mashed potato, moistened bread crumbs, or rolled oats.

Scrambled Tofu • Makes 2 1/2-cup servings

This nutritious golden scramble is especially good with toasted English muffins. You can also wrap it in a whole wheat flour tortilla for a delicious breakfast burrito.

2 teaspoons toasted sesame oil
1/4 cup finely chopped onion
1/2 pound firm tofu, crumbled
1/4 teaspoon garlic granules
1/4 teaspoon turmeric
1/4 teaspoon cumin
1/8 teaspoon black pepper
2 teaspoons soy sauce

Heat oil in a nonstick skillet. Add onion and cook over medium heat, stirring often, for 3 minutes. Add tofu, garlic granules, turmeric, cumin, black pepper, and soy sauce. Cook, stirring gently, for 3-5 minutes. *Nutrition information per 1/2 cup serving: 137 calories; 10 g protein; 4 g carbohydrate; 10 g fat; 2 g fiber; 177 mg sodium*

French Toast • Makes 6 slices

This cholesterol-free French toast tastes great as it adds beneficial soy and whole wheat to your diet.

1 cup fortified soy milk (plain or vanilla)
1/4 cup whole wheat pastry flour
1 tablespoon maple syrup
1 teaspoon vanilla
1/2 teaspoon cinnamon
6 slices whole grain bread
vegetable oil cooking spray

Combine milk, flour, maple syrup, vanilla and cinnamon in a blender. Blend until smooth, then pour into a flat dish. Soak bread slices in batter until soft but not soggy. The amount of time this takes will vary depending on the bread used.

Cook in an oil-sprayed nonstick skillet over medium heat until first side is golden brown, about 3 minutes. Turn carefully with a spatula and cook second side until brown, about 3 minutes. Serve warm. *Nutrition information per slice: 129 calories; 6 g protein; 23 g carbohydrate; 2 g fat; 4 g fiber; 191 mg sodium*

Missing Egg Sandwich • Makes 6 sandwiches

These sandwiches have the flavor and appearance of egg salad without the saturated fat and cholesterol.

1/2 pound firm reduced-fat tofu (1 cup)
1 green onion, finely chopped, including green tops
2 tablespoons pickle relish
2 tablespoons Tofu Mayo (see following recipe) or vegan
mayonnaise
2 teaspoons stone-ground mustard
2 teaspoons reduced-sodium soy sauce
1/4 teaspoon cumin
1/4 teaspoon turmeric
1/4 teaspoon garlic powder
12 slices whole grain bread
6 lettuce leaves
6 tomato slices

Mash tofu, leaving some chunks. Add green onion, pickle relish, Tofu Mayo, mustard, soy sauce, cumin, turmeric, and garlic powder. Mix well. Spread on 6 slices of bread. Garnish with lettuce and tomato slices, and top with remaining bread. *Nutrition information per sandwich: 246 calories; 15 g protein; 38 g carbohydrate; 6 g fat; 6 g fiber; 452mg sodium*

Tofu Mayo • Makes about 1 1/2 cups

Use this low-fat mayonnaise substitute on sandwiches and salads.

1 12.3-ounce package Mori-Nu Lite Silken Tofu (firm or extra firm)
3/4 teaspoon salt
1/2 teaspoon sugar
1 teaspoon Dijon mustard
1 1/2 tablespoons lemon juice
1 1/2 tablespoons seasoned rice vinegar

Combine tofu, salt, sugar, mustard, lemon juice, and vinegar in a food processor or blender, and process until completely smooth, 1 to 2 minutes. Chill thoroughly before using. *Nutrition information per 1 tablespoon: 6 calories; 1 g protein; 0.4 g carbohydrate; 0.1 g fat; 0 g fiber; 93 mg sodium*

Recipes by Jennifer Raymond from PCRM's Healthy Eating for Life book series