

Egg Whites (Chicken) (Poultry & Eggs)

Interesting facts: Egg white is made mainly of a protein called albumen, and also contains niacin (vitamin B3), riboflavin (vitamin B2), chlorine, magnesium, potassium, sodium and sulfur, according to the Iowa Egg Council, an industry group. The white contains about 57 percent of an egg's protein.

How to select: Selecting eggs from either a store or a farm stand involves inspecting their physical characteristics, their surroundings and, in the case of farm fresh eggs, the conditions under which they were harvested. Choosing high-quality eggs from organic free range and pastured, hormone & antibiotic free hens will make your cooking more flavorful and nutritious. You may choose the carton of pasteurized egg whites but be sure and buy organic/ free range/ hormone and antibiotic free.

How to clean and store: Unless you buy from your local farmers' market, always purchase eggs from refrigerated cases. Generally, eggs are transported to stores in vehicles in which the ambient temperature doesn't exceed 45 °F (7 °C). Keeping eggs refrigerated helps to prevent food borne illness like salmonella. Choose eggs with clean, un-cracked shells. Take the time to open an egg carton and inspect the eggs for cracks or breakage. Salmonella tends to live on the exterior of the eggshell and can travel into the interior via cracks. Eggs may be kept in your refrigerator for 3 to 5 weeks after you bring them home from the store, even if the sell-by date passes during that time.

How to prepare and cook: Scrambled, Baked

Scrambled: Beat 2-3 egg whites in milk or unsweetened non-dairy milk until well blended. In a sauté pan place 1 tablespoon butter, ghee or coconut oil in over medium heat. Pour the egg mixture into the pan and let cook 1 minute. Lightly fold the egg and cook 1 more minute. Plate and season with salt and pepper.

Baked: You can use egg whites in recipes calling for whole eggs only if you are using the eggs as a "binder". If the recipe calls for eggs use only the whole egg.