

Eggs and Wild Onions

Yields: 4 servings

Ingredients:

- 8 eggs, lightly beaten
- ½ cup minced scallions or chives
- 1 ½ tablespoons minced parsley
- ½ tsp. salt
- ¼ tsp. ground pepper



Directions:

1. Spray skillet with non-stick cooking spray.
2. Add eggs, scallions, parsley, salt and pepper. Scramble gently and serve.

Nutrition Info Per Serving: Calories 147; Fat 9.5g; Carbohydrate 1.7g; Protein 12.8g; Sodium 442 mg

Wild fowl eggs were an important source of protein in the Plains Indians' diets, especially when the buffalo would migrate far from their lands. Women would often hunt the nests of partridge, quail, duck and plover, and gathered eggs which they would hard-boil, scramble with wild onions, or cook with wild rice. The gatherer approached each nest with reverence, carefully removed the eggs, counted them, adding that number to the total gathered over the years. In some cultures, the gatherer would believe that each egg represented one year, and they could determine how long they had left to live.

Today eggs can be eaten fresh from the farm or easily bought at your local market. Although eggs often get a bad rap for their cholesterol content, they provide us with high-quality protein and a variety of vitamins and minerals. Current research shows that blood cholesterol is impacted more by the consumption of saturated fats than dietary cholesterol, therefore the dietary guidelines for eggs has become less strict. The American Heart Association guidelines allow for one egg a day for healthy adults, while still advising a total daily cholesterol amount of 300 mg.