

# What's Cooking?



## Easy Egg Hacks

1. **Poach eggs in the microwave** – add an egg to a mug with some water and microwave for 45 seconds.
2. **Use a rice cooker to gently scramble eggs** – throw in your favorite toppings with your eggs in a rice cooker for a dorm-friendly breakfast!
3. **Use a microwave for an instant omelet** – put eggs and your favorite toppings in a microwave safe mug or bowl and microwave for 1.5-2 minutes for an instant omelet.
4. **Bake eggs on a sheet pan for instant omelets** – whisk eggs in a bowl then add your favorite toppings and pour them straight on to a greased baking pan and bake for 25-30 minutes for the perfect sheet tray omelet.
5. **Add baking soda for easy to peel hard boiled eggs** – add ¼ teaspoon of baking soda to a large pot of water, then hard boil your eggs as you normally would. The shells should peel right off.
6. **Fry your eggs in onion rings** – have extra onions on hand? Chop the onion so that you have a perfectly circular onion ring. Place the onion ring on a pan and crack the egg right in the middle and cook to your liking.
7. **Make an easy egg-in-a-hole for breakfast** – take one piece of bread and carve out a circle in the middle using a cup or knife. Place piece of bread on a pan over medium heat and crack an egg in the hole of the toast. Cook to your liking.

## Featured Recipe of the Week: Eggs



## Hokie Wellness: Financial Wellness Resources

Whether you are feeling high levels of financial stress or seeking to expand on your financial knowledge-base, seeking to increase your financial wellness is a great way to feel confident in managing your financial resources for a lifetime of financial well-being. We are here to help guide you on this path.

Are you graduating soon or want to learn more about budgeting? Check out some of these financial wellness workshops that Hokie Wellness offers to all students for free!

### Budgeting Workshop

This workshop will discuss budgeting and money management tactics.

### Credit Score Workshop

This workshop reviews the specific factors that make up one's FICO credit score and discusses strategies on developing healthy credit.

### Student Loans and Debt Management

Discuss information related to student loans and paying them off as well as strategies you can use to manage any kind of current or future debt.

To sign up for a workshop or learn more, visit [hokiewellness.vt.edu/students/financial-wellness-resources.html](http://hokiewellness.vt.edu/students/financial-wellness-resources.html) or contact Kevin Sutton at [suttonkl@vt.edu](mailto:suttonkl@vt.edu)

