

# Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

## Some Egg-cellent Ideas

### Did You Know?

#### ARE YOUR HARD COOKED EGGS GREEN?

You may have noticed a greenish ring or “halo” around the yolk of a hard cooked egg. This harmless but unattractive discoloration is a result of a reaction between sulfur in the egg white and iron in the yolk. It occurs when the eggs have been cooked for too long or at too high a temperature.

#### VERY FRESH EGGS CAN BE DIFFICULT TO PEEL.

If you can plan ahead and buy and refrigerate eggs one week to 10 days in advance of cooking, the extra time will allow the eggs to take in air which helps separate the membranes from the shell. Hard cooked eggs are easiest to peel right after cooling because the egg contracts slightly in the shell.

How many chocolate Easter bunnies are made for Easter each year?

### Nutrition Nugget

Eggs are all-natural and packed with a number of nutrients. One egg has 13 essential vitamins and minerals in varying amounts, high-quality protein, unsaturated fats and antioxidants, all for 70 calories.

### Family Play Time

#### Tips for a Safe and Healthy Easter Egg Hunt:

- Wash hands thoroughly before handling eggs and at every stage in the process. This includes cooking, cooling and dyeing.
- Eggs should always be cooked thoroughly. The Food and Drug Administration recommends cooking eggs until both the yolk and the whites are firm.
- Since cooked eggshells are porous, hard-boiled eggs should be air cooled – not left in standing water.
- Use only food-grade dye if you plan to eat Easter eggs which have been decorated.
- Do not color, hide, or eat any eggs with cracked shells.
- Eggshells are porous so be careful when hiding eggs. Avoid places where eggs might come in contact with pets, wild animals, insects or lawn chemicals.

### Cooking School

#### Perfecting the Art of the Hard Cooked Egg

1. Place cold eggs in a saucepan large enough to hold the eggs in a single layer.
2. Cover with one-inch of water.
3. Heat over high heat just to boiling.
4. Cover the pan and remove from the burner. Let the eggs sit in the hot water about 15 minutes for large eggs, 12 minutes for medium and 18 minutes for extra-large eggs.
5. Drain immediately. Cool completely under cold running water or in a bowl of ice water and then refrigerate.  
NOTE: If you are planning to color the eggs, adding about 1 tablespoon of vinegar to the water will allow better dye coverage.

### Egg & Cheddar Quesadillas

- 1 tablespoon butter
- 1 cup salsa
- 1 cup shredded Cheddar cheese (4 ounces)

- 12 eggs, beaten
- 8 spinach OR flour tortillas (8-inch)

1. Heat butter in large nonstick skillet over medium heat until hot. Pour in eggs. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
2. Add salsa. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains.
3. Spoon eggs onto 4 tortillas; sprinkle evenly with cheese; cover with remaining tortillas.
4. Clean skillet. Coat with cooking spray; heat over medium-low heat until hot. Toast quesadillas one at a time until cheese is melted. Cut into quarters and serve.



### Bacon & Cheddar Deviled Eggs

- 14 hard-boiled eggs
- ½ cup sour cream
- 1 teaspoon fresh lemon juice
- 1/3 cup crumbled cooked bacon
- ¼ cup finely shredded sharp Cheddar cheese (1 ounce)
- 2 tablespoons chopped fresh chives or green onion tops

- ½ cup mayonnaise
- 1 ½ teaspoon Dijon mustard
- ¼ teaspoon pepper

1. Cut eggs lengthwise in half. Remove yolks to medium bowl. Reserve 24 white halves. Finely chop remaining 4 white halves.
2. Mash yolks with fork. Add mayonnaise, sour cream, mustard, bacon, cheese and chives; mix well. Add chopped egg whites, lemon juice and pepper; mix well.
3. Spoon 1 heaping tablespoon yolk mixture into each reserved egg white half. Refrigerate, covered, to blend flavors.



### ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

To ask a question or for more information contact:  
 Ludmila Keller, Richland County Agent  
 406-433-1206  
 richland@montana.edu

### What Can I Do Today?

**Stock up on eggs! Eggs are the perfect choice for a quick and easy breakfast. The protein in eggs provides steady and sustained energy that starts your day off right. Eggs are also an egg-cellent choice for lunch or “breakfast for dinner”.**