



Extension Nutrition Programs

FSNEP/EFNEP

Fun IDEAS with Eggs

Easter Egg Safety

These simple rules keep the Easter eggs safe to eat and enjoy!

1. Decorated eggs need to be refrigerated.
2. Take eggs out of the refrigerator and hide right before the Easter egg hunt.
3. Refrigerate eggs after the hunt. (Eggs should not be at room temperature for more than two hours.)

Hard Cooked Eggs

Cover eggs in a pan with enough water to come at least 1 inch above the eggs. Bring rapidly to boiling. Turn off the heat and, if necessary, set the pan off the heating unit to prevent further boiling. Cover and let it stand in

the hot water for 15 minutes. Cool the eggs immediately and thoroughly in cold water. This makes the shells easier to remove and helps to prevent a dark surface on yolks.

To remove the shell, crackle the shell. Roll the egg between two your hands to loosen the shell. Then peel the shell off of the egg. Holding the egg under running cold water or dipping it in a bowl of water helps to ease off the shell.

Deviled Egg Flowers

6 hard cooked eggs, peeled
2-3 tablespoons mayonnaise or salad dressing
½ to 1 teaspoon mustard

Salt and pepper to taste

Cut each egg in half crosswise. Notch around the cut edge. Remove the yolks; mix with the remaining ingredients. Refill the whites with the yolk mixture. Keep refrigerated until served.

Egg Salad

4 hard cooked eggs, peeled
2 to 3 tablespoons mayonnaise or salad dressing
1 to 3 teaspoons mustard
Salt and pepper to taste
1 to 2 tablespoons chopped celery and/or onion, optional

Chop eggs and put in a bowl. Add the other ingredients. Mix. Spread on bread or English muffins.

Bunny Salad

Makes one salad

1/2 pear

2 raisins

1 small radish, cherry, or a cinnamon candy

2 blanched almonds or carrot or celery slices

Cottage cheese

Place the pear half on a plate with the flat side down. For the bunny's nose place the radish/cherry/candy at the tip of the narrow end of the pear. For the ears place the almonds/carrots/celery near the top of the pear where it begins to widen. For eyes put the two raisins between the nose and ears. For the tail set the cottage cheese next to the wide end of the pear.

Egg and Cheese Strata

A great way to use old bread!

6 slices of day-old bread

3 tablespoons margarine

1 cup shredded cheese

6 eggs, beaten

1 1/2 cups skim milk

1 teaspoon dry mustard

1/2 teaspoon salt

o teaspoon pepper

Butter the bread; cut into small cubes.

Alternate layers of bread cubes and cheese in a buttered 2 quart casserole.

Blend together eggs, milk and seasonings; pour over bread and cheese layers. Cover, refrigerate several hours or overnight. Bake in a preheated 350° oven for 70 minutes or until golden brown. Makes 4-6 servings.

How to Dye Easter Eggs

1/2 cup water

1 tablespoon vinegar

Food coloring

Combine the above ingredients in a small cup. The amount listed is for one color only. Repeat for as many colors as needed. Directions for colors that must be mixed are on food coloring boxes.

APRIL IS NATIONAL CANCER AWARENESS MONTH

Follow these healthy eating tips and lower cancer risk.

Eat your spinach (and other veggies). Fruits and vegetables contain nutrients like vitamin A and C which may help lower cancer risk.

Cook lean meat the lean way:

Trim visible fat

Drain and rinse cooked ground meat

Skin chicken

Indulge in pasta, bagels, bread and other low fat grain products.

Many grain products are short on fat and calories while often rich in nutrients and fiber.

Whole grains offer even more fiber and nutrients.

Choose slimmed down cheeses. Low fat cheese like part-skim mozzarella, farmer's, ricotta, and new reduced fat versions, offer all the important nutrients with less fat and fewer calories.

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