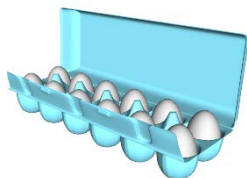




Nutrition Newsletter

Helping Texans Better their Lives!

Update on Eggs



Do you like eggs? Most people do.

Eggs are easily digested and are an excellent source of nutrition.

They are high in protein, low in sodium and contain vitamins and minerals. They are also inexpensive, delicious, and easy to prepare. Even when we pay the regular price for a dozen, the cost of one egg usually does not exceed 15 cents. The protein found in two eggs is about the same as three ounces of meat, fish, or poultry, which is a lot more expensive than 30 cents for a three-ounce serving!

Hard Cooked Eggs



Be smart with Easter eggs. Decorating eggs for the holiday is a joy but do it safely by using only food-safe dyes. Use care when hiding eggs outside or in. The total time for hiding and hunting eggs should not exceed 2 hours. Avoid areas where eggs would come in contact with pets, wild animals, birds, or lawn chemicals.

Eating eggs that have been on the ground is not recommended. Do not hide cracked eggs because bacteria could contaminate the inside. Cracked eggs should never be used. A good alternative is to use plastic Easter eggs for the hunt and save the real eggs for eating.

Refrigerate your eggs at 40°F or below. Safely storing and cooking your eggs before consumption is important. When storing eggs make sure they go inside the fridge, not the fridge door. Once hard-cooked, refrigerated eggs can be stored for up to one week.

Eggs can be out of refrigeration for 2 hours (when it's under 90°F) and still be safe to eat. Colored eggs being used as decoration (for several hours or days) should not be eaten. Even though eggs will show signs of spoilage (taste, smell, appearance) when they are past the "best by" date, we do not recommend using this as an indicator of an egg's safety – mainly because eggs that harbor Salmonella taste, smell, and appear the same as "normal" eggs.

Food safety Tips to make your Easter a Safe Egg-stravaganza.

- *Buy eggs before the "sell-By" or "EXP" (expiration) date on the carton.
- *Always buy eggs from the refrigerated case. Choose eggs with clean, uncracked shells. Always open the carton and look at each egg.
- *Take eggs straight home from the grocery store and refrigerate them right away. Check to be sure your refrigerator is set at 40 degrees F or below. Do not take eggs out of the carton to put them in the refrigerator. The carton protects them. Keep the eggs in the coldest part of the refrigerator, not in the door.
- *Egg shell and yolk color may vary but color has nothing to do with egg quality, flavor, nutritional value, cooking characteristics or shell thickness.
- *Always wash your hands with warm water and soap before and after handling raw eggs. To avoid spreading bacteria from raw eggs, wash forks, knives, spoons and all counters and other surfaces that touch the eggs with hot water and soap. *Poach eggs (cook in a small amount of water) instead of frying to cut back on fat or use a non-stick skillet or non-stick vegetable spray to reduce fat when preparing eggs.
- *Serve egg dishes promptly or refrigerate. If eggs remain at room temperature for more than two hours, they should not be eaten.

What About Cholesterol?

Eggs contain cholesterol. But new research suggests that one or two eggs daily may be acceptable for those people with normal blood cholesterol levels. Ask your doctor about how many eggs you can eat. Eggs can fit into a healthy, well-balanced eating plan.



Better Living for Texans Wise County

Blood Spots in Eggs.

Blood spots are occasionally found on an egg yolk. This is merely a mistake on the part of the hen. They are caused by the rupture of a blood vessel on the yolk surface. Most eggs with blood spots are detected by electronic spotters and never reach the grocery store. But it is impossible to catch them all. But eggs with blood spots are safe to eat. You can remove the blood spot with the tip of a knife if you wish.

Egg Trivia

- *A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.
- *The eggshell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors.
- *Eggs age more in one day at room temperature than in one week in the refrigerator.
- *White shelled eggs are laid by hens with white feathers and ear lobes. Brown shelled eggs by hens with red feathers and red ear lobes.
- *If an egg is accidentally dropped on the floor, sprinkle it heavily with salt for easy clean up.
- *Occasionally, a hen will produce double-yolk eggs. It is rare, but not unusual, for young hens to produce an egg with no yolk at all.

Source: American Egg Board and US Department of Agriculture Food Safety and Inspection Service.

Heavenly Deviled Eggs

Makes 6 servings.

Ingredients

- 6 eggs (in shell)
- 2 tablespoons light mayonnaise
- 1 teaspoon mustard

Directions

1. Put eggs into a saucepan. Cover with cold water.
2. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
3. Remove from the heat and drain.
4. Crack eggs under cold water and allow to cool. Remove shells.
5. Split eggs in half, lengthwise and remove yolks.
6. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
7. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.



Frozen yoghurt Easter egg pops

Ingredients:

Serves: 18 Time to make: 15 mins. Cost: \$6.20/\$0.40 per serve

You will need 18 x ¼-cup egg molds for this recipe.

- 1 cup reduced-fat strawberry yoghurt.
- 8 fresh or frozen strawberries, hulled and chopped.
- 1/3 cup blueberries
- 1 1/3 cups reduced-fat vanilla yoghurt.
- 1 cup reduced-fat mango yoghurt (see tips)
- 1 ripe yellow peach or nectarine, chopped, skin on.
- 1 small banana, chopped.
- 3/4 cup granola



Instructions:

1. In a bowl, combine strawberry yoghurt and strawberries.
2. Chop some of the blueberries in half and leave some whole. In a separate bowl combine blueberries with vanilla yoghurt.
3. In a third bowl, combine mango yoghurt with peach and banana.
4. Spoon yoghurt mixtures into Easter egg molds. Sprinkle muesli over the top of some of the yoghurt or mix some through while spooning yoghurt into molds. Tap molds gently on the bench to remove air bubbles. Insert small popsicle sticks into each one. Place in the freezer overnight, or until pops are firm.
5. Wipe the molds with a warm cloth and remove the Easter egg pops. Serve immediately.

Pear Rabbit

Ingredients:

3 canned pear halves

1 tablespoon raisin

Directions:

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.



Would you like to enroll in FREE Nutrition Classes and learn how to provide safe, healthy, and affordable meals for you and families?

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