



A Nutrition Resource

EGGS FOR EASTER

Easter egg safety

Hide plastic eggs and save the colored hard-boiled eggs for display and later eating. Do not leave hard-boiled eggs out of the refrigerator for more than two hours.

Purchasing and storing eggs

PURCHASING: Purchase eggs before the 'sell by' or expiration (EXP) date on the carton.

STORING: Refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The 'sell by' date will usually expire during that length of time, but the USDA says the eggs are still perfectly safe to eat.

How to dye Easter eggs

½ 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.

Tips for a healthier Easter holiday

1. Start with a healthy breakfast.
2. Fill up on veggies.
3. Make half your plate fruits and vegetables.
4. Enjoy a small amount of candy after a meal.
5. Be active – go for a walk after Easter dinner.
6. Re-think the Easter basket – fill it with toys, coins, or art supplies!

Ways to use hard-boiled eggs

Egg Salad Sandwich: Use whole grain bread and try adding curry powder, chili powder, chopped celery, or chopped green onions. (To make egg salad, mash hardboiled eggs with a little light mayonnaise, mustard, salt, pepper, and paprika.)

In a Salad: Add thinly sliced, chopped hard-boiled eggs to green salad, pasta salad, or salads made with whole grains.

Deviled Eggs: Instead of using mayonnaise to make the filling, try low-fat yogurt or sour cream.

Breakfast Burritos: Hard-boiled eggs can substitute for the usual scrambled eggs in breakfast burritos. Add beans, brown rice, cheese, as well as lightly cooked vegetables.

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Hard-boiled Eggs

Yield: 1-6 Servings | Serving Size: 1 egg

1-6 large eggs

- 1) Place eggs in a pot with enough water to cover the eggs.
- 2) Bring to a boil and cover the pot. Turn off the stove, remove the pot from heat, and allow to sit covered for 10-12 minutes.
- 3) Remove the eggs and place them in a bowl of cold water to cool completely.
- 4) Store hard-boiled eggs in their shells in the refrigerator and use within 7 days.
- 5) When ready to eat, crack and peel eggs just before serving or using in a recipe.

Nutrition Facts	
1 servings per container	
Serving size	1 egg (50g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat --g	
Cholesterol 185mg	62%
Sodium 60mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 63mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.