

# Food for Thought

April 2019

## Egg Tips

Eggs are all natural and jam-packed with essential nutrients. There are 70 calories, 13 essential vitamins and minerals, high-quality protein, unsaturated fats and antioxidants all combined into one egg!



If you will be dyeing and hunting Easter eggs, it's important to follow these food safety rules to prevent illness.

- Keep fresh eggs refrigerated in the original carton until it's time to cook them. Eggs are a high-protein food and are prone to rapid growth of the disease-causing bacteria *Salmonella*.
- Hard-cooked eggs can spoil faster than fresh ones. Eggs are porous and bacteria can penetrate the shell. Therefore, it is important to refrigerate hard-cooked eggs within two hours of cooking.
- Don't handle eggs excessively and wash your hands thoroughly when you do handle them.
- Don't hide the same eggs you plan to eat. Plan to hide plastic eggs and decorate hard-boiled eggs for eating only.
- Don't eat cracked eggs or eggs that have been out of the refrigerator longer than two hours.
- The fresher the egg, the more difficult it is to peel after hard boiling. That's because the air cell, found at the large end of the shell between the shell membranes, increases in size the longer the raw egg is stored. As the egg's contents contract and the air cell enlarges, the shell becomes easier to peel. For this reason, older eggs are better for hard boiling. Eggs should be purchased before the "sell by" date and used within 3 to 5 weeks of the purchase date.



### Hard Boiled Eggs

A green ring around an egg yolk may look unappetizing, but don't worry, the egg is still safe and will taste fine. The green ring is a result of sulfur and iron compounds reacting on the surface of the yolk. This can occur when eggs are overcooked or when there is a high amount of iron in the cooking water. The American Egg Board has a recommendation for cooking tender eggs with no green ring:

1. Place eggs in a single layer in a pot with enough water to cover the eggs with at least an inch to spare.
2. Cover the pot and quickly bring to a boil.
3. Remove from heat and leave the pan covered. Let sit for 15 minutes for large eggs, 13 minutes for medium eggs and 10 minutes for small eggs.
4. Run cold water over eggs or place them in ice water until they are completely cooled. This stops the cooking process and makes the eggs easier to peel. Older eggs peel easier than fresh eggs.
5. Hard-boiled eggs can be refrigerated safely up to seven days after cooking.

**April 2019****North Idaho Eat Smart Idaho Schedule**

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2	3 <u>Plan: Know What's for Dinner @ St. Maries Head Start</u> – 1230 Main St – St. Maries – 12:30 to 1:30  <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00	4 <u>Eat More Fruit &amp; Veggies Demo @ Canvas Food Bank</u> – 2200 N. 7 <sup>th</sup> St. – CDA – 2:30 to 4:00	5
9	10 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00	11 <u>Rethink Your Drink Demo @ Canvas Food Bank</u> – 2200 N. 7 <sup>th</sup> St. – CDA – 2:30 to 4:00	12
16 <u>Nutrient Knowledge Demo @ Deary Food Bank</u> – 405 Main St. – Deary – 1:00 to 3:00	17 <u>Nutrition Demo @ CAP Food Bank</u> – 4144 Industrial Loop – CDA – 1:00 to 3:00  <u>Nutrient Knowledge Demo @ Troy Food Bank</u> – 106 E. 6 <sup>th</sup> St. – Troy – 4:00 to 7:00	18 <u>Cooking with Beans Demo @ Canvas Food Bank</u> – 2200 N. 7 <sup>th</sup> St. – CDA – 2:30 to 4:00  <u>Spring Fling Family Event @ Lakeland Head Start</u> – 14797 Kimo Ct. – Rathdrum – 5:30 to 7:30	19 <u>Food Safety Demo @ Juliaetta Food Pantry</u> – 614 Main St. – Juliaetta – 1:00 to 3:00
23 <u>Get the Best for Less Demo @ CAP Food Bank</u> – 124 New 6 <sup>th</sup> St. – Lewiston – 1:00 to 3:00	24	25 <u>Whole Grains Demo @ Potlatch Food Bank</u> – 510 Pine St. – Potlatch – 10:00 to 12:00  <u>Healthy Fats Demo @ Canvas Food Bank</u> – 2200 N. 7 <sup>th</sup> St. – CDA – 2:30 to 4:00  <u>Spring Fling Family Event @ Post Falls Head Start</u> – 106 W. 9 <sup>th</sup> St. – Post Falls – 6:00 to 8:00	26
30	<b>Eat Smart Idaho offers FREE classes that can help you learn how to eat well for less!</b>		

Sources: <http://missourifamilies.org/features/nutritionarticles/nut125.htm>; <https://www.eatright.org/health/lifestyle/holidays/egg-essentials>; [https://www.canr.msu.edu/news/dozens\\_of\\_easter\\_eggs\\_eat\\_them](https://www.canr.msu.edu/news/dozens_of_easter_eggs_eat_them) retrieved 03/20/19

**For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:**

Panhandle 446-1680  
Clearwater, Latah or Nez Perce 883-2267  
Idaho or Lewis 983-2667



To contact the Eat Smart Idaho Coordinator:

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