

Egg Facts, Safety, and Cooking Tips

Eggs are an important part of Easter from the Easter meal to the family Easter Egg Hunt. We hear more about eggs this time of year, but they should be a part of our diet all year round.

The United States produces about 75 billion eggs each year. A laying bird can lay from 250 to 300 eggs a year. Egg producers have done a good job of keeping the egg prices down for customers, compared to the rising costs of other foods. Eggs are one of the best bargains.

For only 70 calories an egg is full of vitamins and minerals which are essential for muscle strength, brain function, eye health and more. Eggs can play a vital role in weight management. There is a misconception that the egg white has all the protein. The truth is that the yolk provides nearly half of it. An Egg helps you feel full and satisfied longer when you are trying to lose weight. Many people find that starting their day with eggs for breakfast helps them by reducing snacking between meals. Which results in lower calorie intake.

Most of us have been boiling eggs for years but have you ever wondered if you were doing it correctly? Since we will be boiling eggs for Easter, it might be a good time to learn the best way to do it.

Basic Hard Boiled Eggs

- 1) Put clean, fresh eggs in a pot and add water until it rises 1 inch above the eggs
- 2) Next, Put the pot on the stove and turn the heat on, bring it to a rolling boil.
- 3) Turn the heat off and cover it with a lid. Let the eggs sit for 14- 18 minutes. The larger the eggs the longer it takes
- 4) Drain the hot water and replace it with cold water. This will stop "The Carry over Cooking" of the egg and most especially the yolk. The cold water will create a layer of steam between the shell and the egg white. This will make peeling easier.
- 5) Once the egg has cooled, gently crack it in several places and remove the shell.
- 6) Refrigerate

Refrigerate eggs at 40 degrees Fahrenheit or less. Store them in their original carton on an inside shelf and away from pungent foods. The temperature on the inside shelf remains more constant than the one on the door, which is open and closed more frequently. The carton keeps the eggs from picking up the odors or flavors from other foods and helps prevent moisture loss.

Hard boiled eggs in the shell should last up to 1 week and Hard boiled eggs that have been peeled have better quality if used the same day.

Lets enjoy eating eggs but be safe when doing so.