

# Egg-specially Important!

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## After boiling, coloring, hiding, and finding your Easter eggs... Do you traditionally eat them?

If you answered yes, listen up to this **egg-specially** important information:

Hard-cooked colored eggs add to the festivities and tradition of Easter. But if not properly handled, they can be the source of unwanted bacteria. Hard-cooked eggs should be treated like any other cooked meat, fish, or poultry: they should not be left out at room temperature for more than two hours and should be promptly refrigerated below 40 degrees Fahrenheit.

Use all leftover cooked eggs within one week to prevent food borne illness.

Need ideas:

- Add eggs to green salads
- Make egg salad sandwiches
- Use them for deviled eggs
- Eat them sliced on toast

Eggs that have been left out beyond their safe-eating point can still be used as colorful decorations, just don't eat them! The recipes below are great ways to use leftover boiled eggs that have been kept in the refrigerator.

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## Wilted Spinach Salad

10 to 12 ounces fresh spinach, washed and torn into bit-size pieces

1/4 cup minced red onion

5 to 6 radishes, thinly sliced

2 hard-cooked eggs, 1 chopped, 1 sliced

2 to 4 tsp fat free bacon bits

1 tbsp. olive oil

1 1/2 tbsp. sugar

3 tbsp. vinegar

1 tbsp. water

1/2 tsp. salt

1/8 tsp. pepper

Place prepared spinach in a large bowl. Add onions and radishes. Refrigerate, tightly covered. In a small jar or measuring cup combine olive oil with sugar, vinegar, water, salt and pepper. Refrigerate all ingredients until just before serving. When ready to serve, microwave the dressing on HIGH for 30 to 45 seconds, or until mixture boils. Toss the chopped egg with the greens then pour the hot dressing over greens mixture; toss again lightly. Top with sliced egg and bacon bits. Serves 6.

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## **Dijon-Deviled Eggs**

6 hard-boiled eggs  
2 tablespoons mayonnaise  
1 1/2 teaspoons Dijon mustard  
1 green onion, very thinly sliced (slice a little of the green and keep separate from white)  
a few leaves of fresh flat-leaf parsley, finely chopped  
freshly ground black pepper  
salt, to taste  
paprika, optional

Halve eggs; scoop yolks into a small bowl. Mash well; add mayonnaise and Dijon until desired consistency is reached. Stir in white part of sliced onion and most of the chopped parsley. Taste and add salt and pepper to taste. Using a small teaspoon or pastry bag, fill egg white halves or quarters. Sprinkle with sliced green onion and remaining parsley. Sprinkle with a little pepper and/or paprika, if desired.

Makes 12 halves.