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(The following information is provided by Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division.)

## Salads with Eggs

Celebrate *Egg Salad Week* the week after Easter with some easy and elegant salads, deviled eggs, egg salad sandwiches or a vegetable egg spread using hard-cooked eggs. When left in their shells, hard-cooked eggs will remain edible for one week. As long as the eggs are not out of refrigeration over two hours, they will be safe to eat.

For perfect hard-cooked eggs, we have the recipe and tips for you. Keep in mind the fresher the egg, the harder it is to peel. Try to buy your eggs a week or two in advance and refrigerate them. Enjoy this delicious and easy-to-make recipe using leftover hard-cooked eggs.

### Egg Salad Spread Supreme

(serves 6)

6 hard-cooked eggs, chopped  
 ¼ cup zucchini, shredded  
 ¼ cup carrots, shredded  
 2 tablespoons celery, chopped  
 1 tablespoon green onion, chopped  
 ¼ cup fat free cream cheese, softened  
 2 tablespoons plain yogurt (or mayonnaise)  
 ¼ teaspoon seasoning salt  
 ¼ teaspoon dill weed  
 pinch of dry mustard, salt and pepper

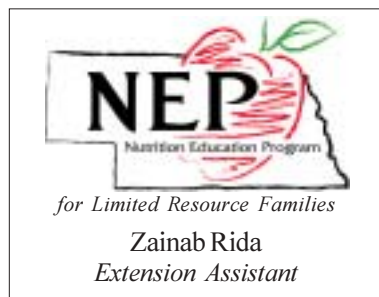
Combine eggs, zucchini, carrots, celery and green onion in a bowl, set aside. Mix cream cheese, yogurt and seasonings until thoroughly blended. Combine cream cheese mixture and egg mixture. Cover and refrigerate until ready to use.

Serve on split hard rolls, bagels, whole wheat or white bread slices or croissants.

Nutritional Analysis per serving: 90 calories; 8 gm protein; 5 gm fat (1.5 gm saturated); 2 gm carbohydrates; 180 mg sodium; 215 mg cholesterol.

For more free egg recipes, egg decorating tips or information related to eggs and food safety, please contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division at [mtorell2@unl.edu](mailto:mtorell2@unl.edu) or call 402-472-0752. (AH)

## Main Ingredients of Arabic Food



Arabic food has a lot of variety and its ingredients are far too many to name here. However, there are certain ingredients that make up many Arabic recipes. Wheat is the staple grain of Arabic cooking and it is used in bread, pastries, salads and main dishes.

Rice is another staple ingredient. In fact, rice is to the Arab what potato is to the Irishman, as rice is used often in Arabic recipes. It is most often cooked with vegetables, chicken, lamb or beef.

Vegetables and beans are also found often in Arabic recipes. Compared to Western cooking, Arabic cooking contains a large variety of vegetables

including eggplant, cauliflower, zucchini and spinach. Beans, such as garbanzo and Lima, are often used in dips such as hummus.

The basic dressing used for salads is olive oil, garlic and lemon. Olive oil is also used in bean, yogurt and vegetable sauces and dips. Lamb is a common meat used throughout

the Arab world, especially festive or religious occasions. For centuries, Arabs have served stuffed lamb on their most special occasions and to their most honored guests.

Most Arabic desserts, which are an important part of Arabic meals, consist of very thin pastries stuffed with dates or nuts, spices and butter and covered in a honey syrup.

### Tabbouleh

6 servings

1¼ cups bulgur, uncooked  
 1¼ cups boiling water  
 2 cups diced unpeeled tomato  
 1 cup raw cucumber, peeled and seeded  
 ¾ cup chopped fresh parsley  
 ½ cup sliced green onions  
 2 tablespoons chopped fresh mint  
 ½ teaspoon salt  
 1/3 cup fresh lemon juice  
 2 tablespoons olive oil

Combine bulgur and boiling water in large bowl. Stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients and serve chilled.

Nutrition Analysis: 163 calories; 27 gm carbohydrate; 5 gm protein; 0 mg cholesterol; 5 gm fat; 211 mg sodium

## Easter Egg Food Safety Tips

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To ancient people, the egg was a springtime symbol of renewed life. For many centuries, eggs have been decorated, blessed and given as gifts to celebrate both Easter and the return of spring! The egg has always been a symbol of new life, and people have believed eggs given at this season would bring good luck.

### Egg Handling and Safety Tips

Eggs are handled a great deal more than usual around Easter, but there are some important safe handling methods to remember at this time of year when you're decorating, cooking or hiding those eggs and those include:

- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs

when cooking, cooling, dyeing and hiding them.

- Inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator.
- If you're having an Easter egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
- Make sure you find all the eggs you've hidden and then refrigerate them. Discard cracked eggs. As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.

### Fun Easter Egg Dyeing Ideas

#### Microwave Egg Dye

In a cup of water combine ¼ teaspoon liquid food coloring, and 1 tablespoon vinegar. Microwave on high for 1½ to 2

minutes. Dye the hard-cooked eggs. Dye can be reheated and reused. Coat eggs with vegetable oil for shine after dyeing eggs.

#### Multicolored Eggs

Wrap hard-cooked egg in a small square of an old terry cloth towel (wet). With an eyedropper, drop different colors of egg dye on different places on the wet cloth wrapped egg. Colors will run together. Let sit for 15 minutes and then carefully remove the towel.

#### Plaid or Striped Eggs

Wrap hard-cooked eggs with rubber bands or strips of narrow masking tape before placing them in the dye. Be sure the egg is completely dry before removing the bands.

#### Designs of Nature

Place small leaves or flowers on the hard-cooked egg. Hold in place by wrapping with a square of stocking, tied with a twisty. Dye, let dry and then remove the stocking. The imprint of the leaf or flower will appear.

## Make Meals Easy with "Mise en Place"

Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Practicing mis en place has several benefits:

- Any missing ingredients can be spotted before it's too late for a quick trip to the store or your neighbor next door.
- Special preparation for ingredients — such as toasting nuts, letting certain ingredients come to room temperature, etc. —



Mise en place is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking.

- can be handled BEFORE cooking rather than in the midst of another preparation step when time delays may affect food quality.
- There is time to clean the mixing area as you go along rather than face a counter full of mixing equipment when you're done.
- You can group ingredients or place them in the order used to assure all recipe steps are included.
- It makes complicated recipes more fun to prepare when you're no longer doing a

juggling act, trying to complete several tasks simultaneously.

You may find it helpful and brings out your "inner chef" to buy a set of 4 or more "pinch" or "mini" bowls. They come in different sizes and may hold from 1 to 3 ounces. You often will see TV chefs using these to hold smaller amounts of such ingredients as spices, a single egg, a couple tablespoons of cornstarch, etc. As another option, a set of smaller-sized custard cups may work as well for you. (AH)

## Web Resources of the Month

Visit our NEW collection of Web resources to help you control your weight. Includes online food calculators, etc. at [lanaster.unl.edu/food/weight.htm](http://lanaster.unl.edu/food/weight.htm)

Check the updated look of our FOOD page at [lanaster.unl.edu/food](http://lanaster.unl.edu/food)

View a year's worth of Cook It Quick monthly tips at [lanaster.unl.edu/food/ciqtips.htm](http://lanaster.unl.edu/food/ciqtips.htm)

To keep up-to-date on new tips, resources and recipe ideas to help you prepare healthy foods in a hurry, sign up for our monthly Cook It Quick e-mail messages at [lanaster.unl.edu/food/ciqupdat.htm](http://lanaster.unl.edu/food/ciqupdat.htm)

