



By Alice Henneman, RD, UNL Extension Educator

Enjoy the delicious and easy-to-make recipe below using leftover hard-cooked eggs.

For free egg recipes, egg decorating tips or information related to eggs and food safety, contact Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division at mtorell2@unl.edu or call (402) 472-0752 or go to <http://www.nebraskapoultry.org>

## Lemon Dill Egg Salad

- 6 hard-cooked eggs, chopped
- 2 green onions, finely chopped
- 1 stalk celery, chopped
- 2 strips bacon, crisply cooked and crumbled
- ½ cup red bell pepper, chopped
- ½ teaspoon lemon pepper
- 1 teaspoon dried dill weed
- ¾ cup reduced fat ranch salad dressing



Toss all ingredients together and chill for at least 1 hour. Good with sliced tomatoes and lettuce leaves on a French roll. Serves 4.

Recipe Source: Iowa Egg Council

## Easter Egg-Handling Tips

Easter eggs can be decorated in so many ways. Be sure and include the children and make it a fun, family event. Eggs can be decorated with food coloring or commercially available egg dyeing kits. There is literally no end to the creative possibilities for individual expression on an eggshell.

### Egg Handling and Safety Tips

There are some important safe handling methods to remember this time of year when you're decorating, cooking or hiding those eggs since eggs are handled a great deal more than usual around Easter. Remember to:

- Wash your hands thoroughly with warm soapy water and rinse them before handling the eggs when cooking, cooling, dyeing and hiding them.
- Be sure and 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.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat.
- Do not eat eggs that have been out of refrigeration more than two hours.
- If you are planning to use colored eggs as decorations, (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several days, discard them after they have served their decorative purpose.

### Easter Egg Hunt

When hiding eggs, consider hiding places carefully. Avoid

areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals. Refrigerate your eggs again after they've been hidden and found. Discard any cracked eggs. Make sure you find all the eggs you've hidden to eliminate the chances of animals eating spoiled eggs.



### The Perfect Hard-Cooked Egg

The FRESHER eggs are, the HARDER they are to peel, so you'll want to buy your eggs a week or two in advance. Whether hard- or soft-cooked, this method is incorrectly called boiled eggs. Although the cooking water must come to a boil, eggs should not be boiled because high temperatures make them tough and rubbery. Place eggs in a single layer in a saucepan. Add enough water to come at least one inch above the eggs. Cover and quickly bring just to a boil. Remove pan from heat and let eggs stand 15

minutes. Immediately run cold water over the eggs until cool.

A greenish-gray ring may appear around a hard-cooked egg yolk. It's unsightly, but harmless. The ring is caused by a chemical reaction involving sulfur (from the egg white) and iron (from the egg yolk), which naturally react to form ferrous sulfide at the surface of the yolk. The reaction is usually caused by overcooking, but can also be caused by a high amount of iron in the cooking water.

Eliminate the ring by avoiding overcooking and by cooling the eggs quickly after cooking. Run cold water over the just-cooked eggs or place them in ice water (not standing in water for long period) until they have completely cooled. Then refrigerate the eggs in their shells until you're ready to use them. Hard-cooked eggs in the shell can be refrigerated up to one week.

### Egg Salad Week

After you've gathered the eggs at the Easter Egg Hunts, remember the week after Easter is **Egg Salad Week**. It is a week dedicated to the dozens of delicious ways to serve hard-cooked eggs. Try some easy and elegant salads, deviled eggs, or egg salad sandwiches. When left in their shells, hard-cooked eggs will remain edible in the refrigerator for one week.

Source: Adapted from information provided by Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division

## Have You Tried Kohlrabi?



A kohlrabi plant at left and prepared kohlrabi slices at right.

Alice Henneman  
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The National Cancer Institute's 5 to 9 A Day for Better Health program advises eating five to nine servings of fruits and vegetables a day to promote good health. Among the recommendations are to eat cabbage and other cruciferous vegetables several times a week to help reduce the risk of certain cancers, such as colon and rectal cancer.

Cruciferous vegetables — other than cabbage — include broccoli, cauliflower, kohlrabi, bok choy, kale, Swiss chard, Brussels sprouts and beet and mustard greens.

One cruciferous vegetable many people may enjoy, but frequently haven't tried, is kohlrabi. One cup of raw kohlrabi has only 40 calories and is high

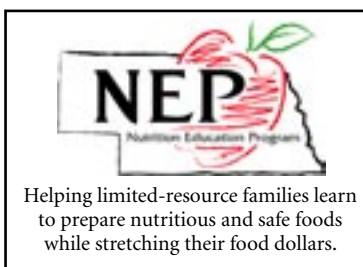
in vitamin C.

Kohlrabi looks a little like a creature from outer space. It is crispy, sweet-tasting and delicate in flavor. It is somewhat like a cross between cabbage and turnips.

Kohlrabi may be cut into strips and eaten raw. Or, toss it into salads. Stir-frying is another possibility. Here are a few tips to help you choose and use kohlrabi:

- A small- or medium-sized kohlrabi (under three-inches in diameter) may be most tender.
- Trim the bulb and pare all traces of the fibrous underlayer beneath the skin before eating.
- Remove the leaves and store kohlrabi in a perforated plastic bag in the refrigerator crisper. It may maintain good quality for about one week.

## Food Bank Needs Volunteers, Donations



Hilary Catron  
UNL Extension Assistant

The Food Bank of Lincoln is a nonprofit organization whose mission is to alleviate hunger by collecting and distributing food through a network of over 200 non-profit programs in Southeast Nebraska. Food is donated by the food industry, producers, wholesalers, retailers and grocery chains. Food is inspected for safety by the donor and again by the Food Bank to ensure safety. The Food Bank provides free food to nonprofit agencies and organizations for a minimal warehouse handling fee.

In 2005, the Food Bank of Lincoln served 209 agencies, providing the equivalent of

5,634 meals per day. To learn more, go to <http://www.lincoln-foodbank.org> or call 466-8170.

### To Volunteer

The Food Bank has 11 full-time employees and depends on the help of volunteers to aid in all aspects of food distribution. Because of the loss of a food distribution partner, the need for volunteers has increased this year.

Volunteers are asked to volunteer for two-hour time periods. Times are available 9 a.m. to noon and 1 to 4 p.m.

Volunteers can help:

- Pick-up donated food
- Sort, stock and repack food
- Deliver promotional materials
- Prepare mailings
- Telephone follow-up
- Speak to groups
- Work at special events, such as upcoming food drives on May 13 (Postal Food Drive) and Aug. 9 (Dine Out to Help Out)

If you are interested in volunteering, call Cheri at 466-8170, ext 106.

### To Give Donations

The most needed items include:

- canned meats
- canned fruits and vegetables
- cereal
- peanut butter
- coffee
- toilet tissue
- diapers

The Food Bank accepts anything which can help with the distribution of food such as:

- shelving
- vehicles
- coolers
- freezers

Monetary donations are also accepted. All contributions to the Food Bank are tax deductible.

Donations can be taken directly to the Food Bank at 4840 Doris Bair Circle, Lincoln, Monday through Friday between 8 a.m.—4:30 p.m. The Food Bank also holds several annual food drives with drop-off barrels for donations at various locations.