



By Alice Henneman, MS, RD, UNL Extension Educator

If you'd like to eat any eggs from an Easter egg hunt, Mary Torell, public information officer, Nebraska Department of Agriculture, Poultry & Egg Division gives the following recommendations:

- If you're having an Easter egg hunt and are using hard-cooked eggs instead of plastic eggs, 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 to eliminate the chances of animals eating spoiled eggs. Then refrigerate them.
- Discard any cracked eggs.
- As long as the eggs are NOT out of refrigeration over two hours, they will be safe to eat. Eggs should be eaten within a week of the time they were first hard-cooked.

Here's a quick recipe you can make from readily available ingredients.

Easy Deviled Eggs

6 large hard-cooked and peeled eggs
1/4 cup mayonnaise
1/8 teaspoon salt
1/8 teaspoon pepper



Slice peeled, hard-cooked eggs into halves lengthwise. (See related article on

"the perfect hard-cooked egg.") Remove yolks from whites. Place yolks in a one quart zip lock style bag along with the remaining ingredients (except the egg whites). Press out air. Close bag and knead (mush together) until ingredients are well-blended. (Note: you could put yolks in a bowl with other ingredients [except the egg whites], and mix together well until they look like a paste). Push contents toward one corner of the bag. Cut about 1/2-inch off the corner of the bag. Squeezing the bag gently, fill reserved egg white hollows with the yolk mixture. (Note if you used a bowl, you can spoon the yolk mixture into the egg whites.) Chill to blend flavors.

Adapted, in part, from *Kids a Cookin'*, Kansas Family Nutrition Program

UNL Seminar about Starting a Food Business, March 31

Many people have a special recipe that friends and family ask them to prepare over and over. How many consider manufacturing the recipe and developing a business? The University of Nebraska-Lincoln's Food Entrepreneurship Assistance Program can help make it a reality.

The program, part of the university's Food Processing Entrepreneurship, begins with a one-day seminar, *From Recipe to Reality*, which will be offered Monday, March 31, 8 a.m. to 5 p.m. The seminar allows participants to gain knowledge regarding all aspects of starting a food business. They are provided with the tools to make an informed decision concerning their desire to develop a value-added food company.

Following the seminar, participants may choose to enter the "From Product to Profit" phase of the program. During this phase entrepreneurs receive individualized and confidential assistance from food scientists and business consultants with the development of their own business venture.

For more information on the March 31 session, contact Jill Gifford, manager of the program, by e-mailing jgifford1@unl.edu or calling 472-2819.

Tiny Bites Total Big Calories!

- ✓ BITE 1. One-fourth cup of orange juice remains in the carton. You might as well finish it, right?
Calories: 26

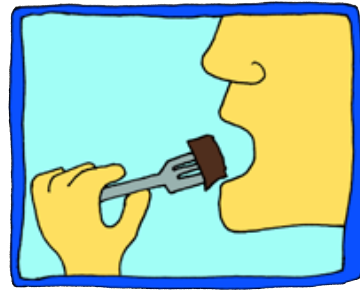
- ✓ BITE 2. Two tablespoons of granola are left in the box. It's hardly worth returning to the cupboard. You add it to your serving of cereal.
Calories: 64

- ✓ BITE 3. You add two teaspoons powdered cream substitute in the coffee at work. Someone made really strong coffee today. Adding creamer is the only way you can stand the taste.
Calories: 20

- ✓ BITE 4. You take just a small "sample" of the cake in the break room. Well, maybe a second "sliver" would be O.K. too!
Calories: 73

- ✓ BITE 5. Oops! You forgot to ask them to leave the mayo off the hamburger this noon.
Calories: 100

- ✓ BITE 6. Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your



breath, just in case.

Calories: 20

- ✓ BITE 7. You take a small chocolate from your co-worker's candy jar. You have to crank out a big report this afternoon. This is for medicinal purposes only!
Calories: 25

- ✓ BITE 8. A second chocolate from your co-worker's candy jar. You finished the report — what better way to celebrate? And besides, it's just a tiny piece of candy.
Calories: 25

- ✓ BITE 9. There you are with a handful of snack mix. The gang has gotten together after work to celebrate completing the report. You just order mineral water; but

surely just a handful of mix can't have many calories.

Calories: 105

- ✓ BITE 10. Cheese on cracker at grocery store. After all, it's a small sample.

Calories: 55

- ✓ BITE 11. Two tablespoons macaroni and cheese. You're trying out a new recipe. You taste as you cook to get the seasonings just right.

Calories: 54

- ✓ BITE 12. One-fourth cup macaroni and cheese. Your new recipe tasted great; however, there's a small amount left over. It hardly seems worth the effort to refrigerate only a fourth cup. You don't want to toss it, so you eat it. **Calories: 108**

The Grand Total "Extra" Calories For The Day: 675

An excess of just 100 calories can lead to a weight gain of 10 pounds a year!

The Perfect Hard-Cooked Egg

Mary Torell,
Nebraska Dept. of Agriculture,
Poultry & Egg Division

Lots of hard-cooked eggs are usually made this time of year and used for decorating. The secret to the perfect hard-cooked egg is *freshness*. The FRESHER the egg, the HARDER it is to peel, so you'll want to buy your eggs a week or two in advance. It's a misnomer to call eggs HARD-BOILED. Although the cooking water must come to a boil, eggs should NOT be boiled because high temperatures make them tough and rubbery.

Method

Place eggs in a single layer in a saucepan. Add enough tap

water to come at least one-inch above the eggs. Cover and quickly bring just to a boil. Remove the pan from the heat and let stand approximately 15 minutes for large eggs. Immediately run cold water over the eggs or put them in ice water (not standing water) until cool. This will eliminate a greenish ring around the cooked yolk. When the eggs are cool, store them in the refrigerator. To peel the egg, tap the egg gently on a hard surface. Thoroughly crackle the shell and roll the egg between your hands to loosen the shell. Start at the large end and peel.

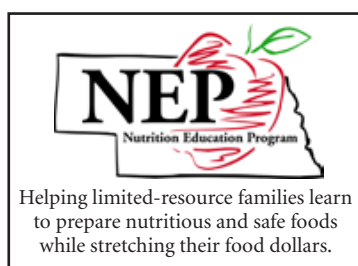
Tips on Hard-Cooking Eggs

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 water) 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.

\$tretch Your Food Dollar by Purchasing Store Brand Products



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Karen Wobig
UNL Extension Educator

Prices in grocery stores seem to be increasing daily. One way to possibly save money at the store would be to purchase store brands instead of national brands (or name brands). National brands, which are the names most commonly recognized with a product, usually sell for more money than the house or store brand, which have names not as well known and vary from store to store.

Consumers presumably believe the national/name brands are of higher quality, but there usually is very little difference in quality. The difference lies in the price. According to a study conducted by the University of California, Davis, national brands are, on average, 30 to 50 percent higher in cost than store brands.

To test this ever-debatable theory, I purchased ingredients for two tuna skillet casseroles. All ingredients were identical except one casserole was made with store brand products and one with national brands. The casserole consisted of rotini noodles, tuna fish, cream of mushroom soup, milk and cheese. I enlisted help in taste-testing the two casseroles from the office staff. They were asked to taste each one, then choose their favorite (casserole A or

B) or indicate if they tasted the same. Of the nine tasters, four voted the STORE brand their favorite, two voted the NATIONAL brand their favorite and three said they tasted the SAME.

In comparing the cost, ingredients for the store brand casserole cost \$2.88, while the national brand cost \$3.63, a difference of \$.75. While this may not seem like a huge savings, if most meals prepared in the home would produce a savings of approximately \$.75 per meal, and assuming the average family cooks meals five out of seven evenings, their savings on just using store brand products for these meals for one year would be approximately \$200. It appears purchasing store brand products would be one way to make your food dollars stretch!