



By Alice Henneman, MS, RD, UNL Extension Educator

Enjoy this recipe from Mary Torell, Public Information Officer, Nebraska Department of Agriculture, Poultry & Egg Division for an egg salad sandwich packed with veggies! For more free egg recipes, egg decorating tips, or information related to eggs and food safety, please contact Mary Torell at mtorell2@unl.edu or log onto the Web site at [www.nebraskapoultry.org](http://www.nebraskapoultry.org) or call 472-0752.

## Confetti Egg Salad Sandwiches

(Serves 6)

- 6 hard-cooked eggs, chopped
- 1 cup shredded carrots
- 1 cup chopped celery
- 1/2 cup chopped green onions with tops
- 1/3 cup reduced-fat creamy French dressing
- 6 Kaiser or hard rolls
- 6 thin slices tomato
- 12 thin slices cucumber
- lettuce leaves

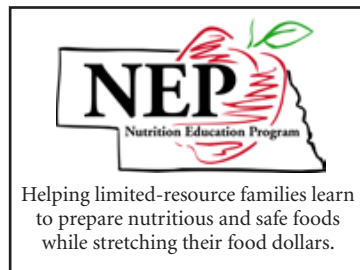


In a medium bowl, stir together eggs, carrots, celery, onions and dressing until well combined. Cover and chill to blend flavors.

With a fork, hollow out the centers of the bottom halves of rolls, leaving a 1/2-inch shell all around. Reserve crumbs for another use. When ready to serve, spoon about 1/2 cup egg salad mixture onto each roll's bottom half. Top each with 1 tomato slice, 2 cucumber slices and lettuce leaves. Close sandwiches with top halves of rolls.

*APPROXIMATE NUTRIENT for 1/6 recipe using Kaiser rolls: 285 calories; 13 gm protein; 9 gm fat; 37 gm carbohydrates; 189 mg calcium.  
Recipe Source: American Egg Board*

## Eat Your Breakfast—Your Body will Thank You!



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

Dana Willeford  
UNL Extension Assistant

Beep, beep, beep... Rise and Shine! It's time to get out of bed and get going. As you begin your morning routine... packing lunches and getting yourself and your kids out the door, be sure to make breakfast a priority. Nutritional studies suggest breakfast is the most important meal of the day. It gets the body fueled for the day.

Breakfast skippers have their reasons for skipping breakfast. However, they may pay a price for skipping breakfast. The results of skipping breakfast can cause irritability, lower metabolism, increase snacking and pre-afternoon sluggishness.

Food and some friendly

words can make a great difference in the way your day begins. On the positive side there are many reasons to eat breakfast:

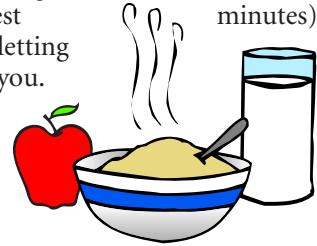
1. Studies show kids who regularly eat breakfast tend to perform better in school, score higher on tests, attend school more frequently and make fewer trips to the school nurse complaining of tummy aches. They often behave better, too.
2. Adults who eat breakfast have better work performance, ability to concentrate and solve problems.
3. People who eat breakfast snack less and get more nutrients than those who don't eat breakfast.
4. People who eat breakfast can be more successful at maintaining a healthy weight.

One of the biggest challenges is to stop letting time take control of you. What can you do? Simple is better, breakfast doesn't have to be hard and something is better

than nothing. Here are some quick ideas:

- Instant oatmeal served with milk and dried fruit.
- A cup of yogurt mixed with whole grain cereal.
- Eggs served in a veggie omelet or a hard-cooked egg for on the run.
- Serve non-traditional items such as leftover pizza, tortillas with filling (your choice).
- Make your own trail mix, put in a bag to go (cereal, raisins, nuts, dried fruit).
- To save even more time, make French toast, waffles, pancakes and sausage in large quantities and freeze in individual portions. They can be quickly reheated in the microwave.

Take control of time, sit down, relax and eat breakfast (even for just a few minutes). People who eat breakfast are more likely to have a successful day, and your body will thank you for it, too!



## New at <http://lancaster.unl.edu/food/slideshows.shtml>

View several new slide shows on the UNL Extension in Lancaster County food web site:

- **"Supermarket Savings: 16 Tips that Total BIG Bucks!"**—gives tips that can help you save as much as \$2,000 yearly on groceries
- **"13 Fun Ways to Eat More Fruits and Vegetables"**—slides showcase tempting ways to add healthy fruits and vegetables to meals
- **"Let's Play...FOOD: Keep or Toss?"**—teaches about when food is safe to eat and when it should be tossed
- **"Add a Little Spice (& Herbs) to Your Life!"**—helps you learn how to flavor foods with less fat, sugar and salt through delicious additions of herbs and spices

## Easter Egg Tips

### Decorating Easter Eggs

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 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.
- Inspect the eggs before purchasing, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store uncooked 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

Consider hiding places carefully when hiding eggs. 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.

### 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. Take advantage of the extra hard-cooked eggs the Easter bunny brought. When left in their shells and refrigerated, hard-cooked eggs will remain edible for one week. Enjoy the delicious and easy-to-make recipe in this month's NEBLINE for Confetti Egg Salad Sandwiches, using leftover hard-cooked eggs.

### The Perfect Hard-Cooked Egg

The FRESHER the egg, the HARDER it is 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.

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After the long, cold winter, spring is a time of warmth and awakening as the earth comes to life again. And with spring, comes Easter. With its flowers, colorful eggs and bunnies, religious services and family gatherings, Easter is a joyful celebration of new life. The egg has always been a symbol of new life, and people have believed eggs given at this season would bring good luck.

### Easter Eggs

Eggs were colored, blessed, exchanged and eaten as part of the rites of spring long before Christian times. Even the earliest civilizations held springtime festivals to welcome the sun's rising from its long winter sleep. They thought of the sun's return from darkness as an annual miracle and regarded the egg as a natural wonder and a proof of the renewal of life. As Christianity spread, the egg was adopted as a symbol of Christ's Resurrection from the tomb.

