

Egg Salad

4 hard-cooked eggs
2 Tbsp. pickle relish
 or chopped sweet pickles
3 Tbsp. low-fat mayonnaise
 or salad dressing
1 tsp. prepared mustard
Dash of pepper

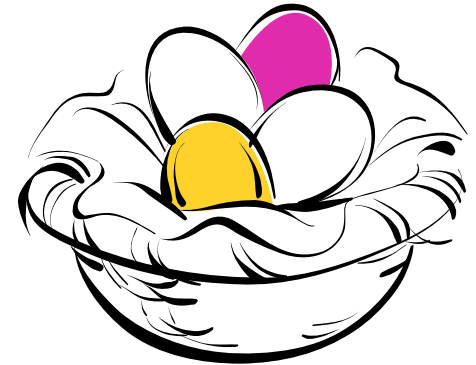
- 1. Chop hard-cooked eggs.**
- 2. Place the chopped eggs in mixing bowl.**
- 3. Add relish or pickles to the chopped eggs.**
- 4. Add mayonnaise or salad dressing and mustard and pepper.**
- 5. Mix all ingredients together lightly, using a table fork.**
- 6. Cover the bowl and store the egg salad in refrigerator.**
- 7. Serve on bread or as a salad with crackers.**

NUTRITION FACTS (per serving) -
Calories 190 ~ fat 11 g ~ calories
from fat 100 ~ sodium 420 mg ~ total
carbohydrate 7 g ~ fiber 1 g



UNIVERSITY OF ILLINOIS
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FAMILY NUTRITION PROGRAM
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Coloring Hard-Cooked Eggs



University of Illinois
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Coloring hard-cooked eggs

may be a longtime family tradition. Remember, extra care should be taken to prevent food poisoning when handling, preparing and storing eggs.



Hard Cooking Eggs

- Before handling eggs, wash hands with warm, soapy, running water to help prevent eggs from coming in contact with bacteria.
- Wash work area, utensils or other objects that may have contact with the eggs.
- Choose only unbroken eggs.
- Before coloring eggs with “food coloring”, hard cook the eggs first.

Directions for hard cooking eggs:

1. Put **unbroken** eggs in a single layer in pan. Cover eggs with **cold** water (this helps prevent cracking) so water is at least one-inch above eggs.
2. Heat to boiling. Turn heat off and, if necessary, remove from burner to prevent further boiling.
3. Cover pan and let eggs sit in hot water for 20 minutes.
4. Quickly run cold water over cooked eggs until cool. Eggs are ready to color and/or decorate. Store eggs in refrigerator if you plan to color/decorate later.

Coloring Eggs

- Color eggs with “food coloring” or natural food dyes.
- DO NOT color and/or decorate cracked eggs.
- Eggs left out at room temperature for more than 2 hours should not be eaten.

Directions:

1. Put a few drops of “food coloring” plus 1 tablespoon of vinegar in a cup.
2. Add one cup of hot water.
3. Dip hard-cooked eggs in colored hot water with a spoon for a few minutes until you like the color.
4. Remove eggs with spoon and set on rack to dry. Refrigerate.

