

# EGGcellent Eggs for Easter

When it comes to Easter, eggs are the main attraction from the holiday meal to the family Easter Egg Hunt. So we tend to hear more about them this time of year, but eggs should be a part of your healthy lifestyle year around. So let's delve into some EGGxtra facts, cooking tips, and food safety information.

The United States produces approximately 75 billion eggs a year, which is about 10% of the world supply. These eggs come from about 280 million laying birds, each producing from 250 to 300 eggs a year. Egg producers have done a good job keeping the prices low for consumers, especially compared to the rising costs of other foods. When comparing the costs of high protein foods, eggs are definitely one of our best bargains.

One egg packs a big punch when it comes to nutrition, because the protein in eggs is the highest quality protein found in any food. For only 70 calories it is full of vitamins and minerals essential for muscle strength, muscle-loss prevention, brain function, healthy pregnancy, eye health, and more.

They can also play a vital role in weight management. Did you know that one egg provides 6 grams of protein, which is 12% of the Recommended Daily Value? Also, there is a misconception that the egg white has all the protein, while in truth, the yolk actually provides nearly half of it. The high-quality protein in the egg helps you feel full and satisfied longer, which aids in weight loss and weight management. Many people find that starting their day with eggs for breakfast helps them by reducing snacking between meals, which results in a lower caloric intake.

Boiled eggs are great as a snack or as a part of a delicious recipe. While most of us have been boiling eggs for years, have you ever stopped and wondered if you were doing it correctly? Well, since we will all probably be boiling dozens of eggs for Easter, it might be a good time to learn the best way to do it.

## **Basic Hard Boiled Eggs**

- 1) Put clean, fresh eggs in a pot and add water until it rises 1 inch above the eggs.
- 2) Next, put the pot on the stove and turn on the heat, bringing the water to a rolling boil.
- 3) Turn the heat off and cover the pot with a lid. Let the eggs sit for 14 – 18 minutes, the larger the egg the longer it takes.
- 4) Then drain the hot water and replace it with cold water. This stops the “carryover cooking” of the egg, most especially the yolk. The cold water will create a layer of steam between the shell and the egg white, which makes the peeling much easier.
- 5) Once the egg has cooled, gently crack it in several places and remove the shell.
- 6) Refrigerate.

## Egg Storage: How Long Do Eggs Last?

**Refrigerator Storage:** Refrigerate eggs at 40°F or less. Store them in their original carton on an inside shelf and away from pungent foods. The temperature on an inside shelf remains more constant than one on the door, which is opened and closed frequently. The carton keeps the eggs from picking up odors or flavors from other foods and helps prevent moisture loss.

Raw eggs that have been removed from their shells should be refrigerated in a tightly covered container. Refrigerated whole egg yolks should be covered with water to prevent them from drying out; drain before using. The following chart shows how long hard-boiled eggs and raw eggs last when stored in the refrigerator.

<b>Eggs</b>	<b>Refrigerator (35°F to 40°F)</b>
Raw whole eggs (in shell)	4 to 5 weeks beyond the pack date or about 3 weeks after purchase
Raw whole eggs (slightly beaten)	Up to 2 days
Raw egg whites	Up to 4 days
Raw egg yolks	Up to 2 days
Hard-boiled eggs (in shell)	Up to 1 week
Hard-boiled eggs (peeled)	Use the same day for best quality

## Egg Stuffers

### Phyllo Dough

- 18 12-in. strips phyllo dough

### Ingredients for Italian Filling

- 10.5 oz.\* eggs, beaten (6 large)
- 2-3 oz. portions of turkey sausage patties, cooked and diced
- 1/3 cup grape tomatoes, diced
- 1/8 cup red onion, diced
- 1/4 cup Asiago cheese, shredded

### Ingredients for Western Filling

- 10.5 oz.\* eggs, beaten (6 large)
- 1/4 cup diced tomato

- 1 diced avocado
- 1/4 cup pepper jack cheese, shredded
- 1/2 cup smoked chicken breast, diced

### **Ingredients for American Filling**

- 10.5 oz.\* eggs, beaten (6 large)
- 1/4 cup bacon, cooked and chopped
- 1/4 cup country sausage, cooked and diced
- 1/4 cup roasted red potatoes, chopped
- 1/4 cup cheddar and Swiss cheese, shredded

\*If using frozen or liquid whole egg product.

### **Directions**

1. Using a 6-count 2 3/4 x 1 1/2-inch muffin tin, prepare and bake 6 “nests” using phyllo dough according to instructions on package.
2. Over medium heat, cook eggs with other ingredients until no visible liquid egg remains.
3. Portion cooked egg mixture into each phyllo nest. Serve immediately.
4. **Yield:** 6 servings

**Note:** Do not allow raw or cooked eggs to remain at room temperature for longer than one hour (including preparation and service time)

For more information on this topic, you may contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences).

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