



A nutrition Fact Sheet



Eggs and Easter

Easter Egg Safety

Hide plastic eggs and save the colored hard-boiled eggs for display and later eating. Do not leave hard-boiled eggs out of the refrigerator for more than two hours.

Purchasing and Storing Eggs

Purchase eggs before the 'sell by' or EXP date on the carton. Refrigerate the eggs in their original carton and place them in the coldest part of the refrigerator, not in the door. For best quality, use eggs within 3 to 5 weeks of the date you purchase them. The 'sell by' date will usually expire during that length of time, but the USDA says the eggs are still perfectly safe to eat.

How to Hard-Boil Eggs

Cover eggs in a pan with enough water to come at least 1 inch above the eggs. Bring rapidly to boiling and boil 1 minute. Turn off the heat and remove pan from heat. Cover and let eggs stand in the hot water for 10-12 minutes, with the lid on. Cool the eggs immediately and thoroughly in cold water. This makes the shells easier to remove and helps to prevent a dark surface on yolks.

To remove the shell, crackle the shell. Roll the egg between your hands to loosen the shell. Then peel the shell off of the egg. Holding the egg under running cold water or dipping it in a bowl of water helps to ease off the shell.

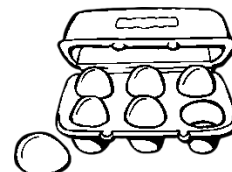
How to Dye Easter Eggs

½ cup water
1 Tablespoon vinegar
Food coloring

1. Combine the above ingredients in a small cup. The amount listed is for one color only.
2. Repeat for as many colors as needed. Directions for colors that must be mixed are on food coloring boxes.

Tips for Healthier Eating at Easter

- Start with a healthy breakfast.
- Fill up on veggies.
- Make half your plate fruits and vegetables.
- Enjoy a small amount of candy after a meal.
- Be active – go for a walk sometime during the day. (Or an active Easter egg hunt!)
- Re-think the Easter basket. Instead of buying lots of candy, buy plastic Easter eggs and fill them with stickers, coins, or small toys. Or buy some art supplies to put in Easter baskets.
- Make the hunt into a treasure hunt. Fill plastic eggs with clues for finding the next one – make them fun and active!
- If you have an abundance of Easter candy, share it with friends, family, or work colleagues.



Garden Vegetable Frittata

Yield: 8 servings • Serving Size: 1/8 of 9-inch skillet

5 eggs	2 cups fresh spinach
1/2 cup lowfat milk	1 medium tomato, chopped
1 Tablespoon vegetable oil	1/2 cup cheddar cheese, shredded
1/2 medium onion, chopped	3/4 cup quinoa, cooked
1/2 medium green bell pepper, chopped	1/4 tsp salt
2 cloves garlic, minced	1/4 tsp pepper

1. Preheat oven to 350° F.
2. In a large bowl, whisk eggs with milk, salt, and pepper.
3. Warm oil in a 9 inch oven-proof skillet over medium heat. (If no oven-proof skillet is available, use a regular skillet and have 9 inch pie pan available). Add onion, bell pepper, and garlic. Sauté until onion is translucent, about 7 minutes. Stir in spinach and quinoa and sauté for 1 minute. Remove from heat and add tomatoes and egg mixture to vegetables. (Transfer mixture to pie pan if using.)
4. Place skillet (or pie pan) in center of oven. Bake for 12 minutes. Cover the top with cheese and bake for another 3 minutes or until cheese is melted. Remove from oven and let sit for 5 minutes.

Nutrition Facts	
8 servings per container	
Serving size	1/8 of a 9 inch skillet (116g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 180mg	8%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 101mg	8%
Iron 1mg	6%
Potassium 154mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ways to Use Hard-Boiled Eggs

- **Egg Salad Sandwich:** Use whole grain bread and try adding curry powder, chili powder, chopped celery, or chopped green onions. (To make egg salad, mash hard-boiled eggs with a little light mayonnaise, mustard, salt, pepper, and paprika.)
- **In Salad:** Add thinly sliced chopped hard-boiled eggs to green salad, pasta salad, or salads made with whole grains.
- **Deviled Eggs:** Instead of using mayonnaise to make the filling, try lowfat yogurt or sour cream.
- **Breakfast Burritos:** Hard-boiled eggs can substitute for the usual scrambled eggs in breakfast burritos. Add beans, brown rice, cheese, and lightly cooked vegetables as well.
- **With Wilted Greens:** Cook a little garlic, wilt slightly bitter winter greens, and season liberally with salt and hot sauce. Fold in chopped hard-boiled eggs and cook just long enough until the eggs are heated through.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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