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### Eggs: Food Safety and Nutrition Facts

Easter is right around the corner and in some cases, this comes with an over abundance of eggs! Recent research shows that eggs are a healthy component to any eating pattern as they are packed with 20 beneficial nutrients, only 70 calories a piece, and high in protein. Eggs are full of good nutrition, inexpensive and can be a part of a healthy diet. They can be a great breakfast option or even a quick and tasty lunch or dinner. Eggs are also a very versatile food and can be made into many dishes, snacks, or meals. At the end of this article, you will find a tasty recipe using hard-boiled eggs!

When handling eggs, it is important to follow food safety guidelines especially for Easter egg hunts, family activities, consumption, etc. Extra care is needed to enjoy eggs without the risk of getting sick when you are decorating, cooking, or hiding Easter eggs. Safe handling tips to remember this time of year include:

- Inspect the eggs before purchase to make sure they are not dirty or cracked.  
Dangerous bacteria may enter a cracked egg.
- Store eggs in their original carton in the refrigerator rather than in the refrigerator door.
- Wash your hands with soap and water before handling the eggs.
- Refrigerate hard-cooked Easter eggs just before the hunt.

- Carefully choose hiding places if you are having an Easter egg hunt. Avoid areas where the eggs might come into contact with pets, wild animals, reptiles, birds, insects, lawn chemicals, and other potential sources of bacteria.
- After the hunt, find all the eggs you have hidden and discard any cracked or dirty eggs and eggs left unrefrigerated for more than 2 hours. Rinse uncracked eggs and put them in the refrigerator until it's time to eat them. Do not eat hard-boiled eggs used for an egg hunt or as decoration if they have been at room temperatures or above 40 degrees Fahrenheit for more than 2 hours; discard them.
- Refrigerate hard-cooked eggs in their shells and use them within 1 week.

### **Deviled Eggs**

Yield: 6 Servings

#### **Ingredients:**

- 6 large hard-boiled and peeled eggs
- 1/4 cup low-fat mayonnaise
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Optional: mustard

#### **Directions:**

- Wash hands with soap and water.
- Slice eggs into halves lengthwise. Remove yellow yolks and save 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 also 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.

This information was adapted from the UNL Food Website. To find out more information or want to learn more visit <https://food.unl.edu/tags/egg> or call Buffalo County Extension at 308-236-1235.

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