Deviled Eggs

Hard cook eggs. Drain. Shake pan vigorously to crack shells. Peel under cold water. Chill. Cut eggs in half, placing the whites on a serving dish. Place the yolks in a small mixing bowl, mashing with a small amount of mayonnaise. Season to taste with prepared mustard and black pepper. Fill whites with yolk mixture. Cover loosely and refrigerate until serving. Promptly refrigerate leftovers.

Bunsteads

1-6 ounce can tuna in water, drained and flaked
3 hard cooked eggs, chopped
6 slices American cheese
mayonnaise
your choice of additions: chopped onion, chopped celery, chopped green or red peppers, pickle relish, dill or sweet hamburger or hot dog buns

Stack American cheese. Cut into cubes. Mix tuna, eggs, mayonnaise and your choice of additions. Gently fold in cheese. Spread on buns. Wrap each bun in foil. Bake at 350º about 20 minutes or until cheese melts.

Pink Pickled Eggs

Boil 5 minutes:
1 cup sugar
1/2 cup beet liquid from canned beets
1/2 cup white vinegar
1/4 teaspoon pepper
2 bay leaves
1 teaspoon whole cloves

Pour over shelled, hard cooked eggs (and beets from can, if desired). Refrigerate 2-3 days before serving. Keep refrigerated and use within 2-3 weeks.
Easter Egg Safety

All eggs should be cooked until firm to prevent Salmonella infections. After cooking, eggs should be refrigerated until used. If you plan to put colored eggs in Easter baskets, keep the baskets [or just the eggs] refrigerated. If the eggs have been at room temperature for more than two hours, do not eat them!! Salmonella is a special risk to infants and the elderly who may have a lower tolerance for this type of food poisoning.

Ideas for using up the extra Easter eggs:

- creamed eggs on toast
- add to creamed dried beef
- sausage bread
- egg salad
- macaroni salad
- potato salad

Household Helpers

Cedar chips vs. moths

Here’s an easy and inexpensive way to make moth repellent. Purchase a bag of cedar chips from a pet supply shop where a large bag is only a few dollars. Put one or two cupfuls into resealable bags and poke small holes in them. Hang the bags in your closets and drawers. The lovely, fresh scent repels moths.

Cinnamon in vacuum

Place a cinnamon stick in the vacuum bag before vacuuming to naturally deodorize your home.

Food for thought: Glue small jelly beans, mini marshmallows, red hots, colored sprinkles, cake decorations, or little dry-pasta shapes to your egg.

Create designs with glue on your egg. Let dry then dye the egg. When the dye is dry, rub off the glue. Or create a glue design on a colored egg, then roll in glitter before the glue dries.

“Cedric Celery” the Garden Snake

Cut up celery into one-inch chunks and spread with cream cheese, peanut butter, or a cheese spread. Assemble “Cedric” in a wavy shape on a platter, cookie sheet, or tray. After everyone has admired him, pass “Cedric” around for everyone to munch a section.

Free Nutrition Education Programs

Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

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