

Column Name - The Heartland Minute

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“Preventing Illness from Eating Hard-Boiled Eggs”

The perfect hard-boiled egg is essential to many family and friend gatherings. One of the main uses is in an old reliable appetizer: deviled eggs. Cooking those eggs properly is the key to preventing foodborne illness. An undercooked hard-boiled egg can leave the yolk and possibly the white runny. As a result, any possible *Salmonella* bacteria can survive.

To safely prepare hard-boiled eggs, place fresh eggs in a saucepan and cover with water by one inch. Bring the pan to a boil and remove it from the burner and let the eggs sit in the hot water for 20 minutes. The process helps the eggs stay tender and not end up rubbery.

After the wait period you can place the pan in the sink and allow cold water to pour over the hot eggs until they are cool. Then remove the eggs from the water and chill in the refrigerator. These eggs can be stored, unpeeled, up to one week. Once they are peeled they can be used immediately or kept cool in the refrigerator and used within one to two days.

For those looking for a new recipe for deviled eggs (6 servings):

Ingredients: 6 large hard-boiled and peeled eggs; ¼ cup low-fat mayonnaise, 1/8 teaspoon salt, 1/8 teaspoon pepper.

Directions: Start by washing your hands with soap and water. Second, slice the eggs into halves lengthwise. Remove the yellow yolks and save the whites. Third, place yolks in a one-quart zip lock style bag along with the remaining ingredients (except the whites) and press out the air. Fourth, close the bag and knead until ingredients are well-blended. Fifth, push contents toward one corner of the bag. Cut about ½ inch off the corner of the bag. Squeezing the bag gently, fill reserved egg white hollows with the yolk mixture. Finally, chill to blend flavors.

To keep the deviled eggs from tipping over, use a paring knife to trim a very thin slice off the bottom of the rounded side of the egg whites before filling them.

Nutritional Information: Serving Size (2 prepared egg halves): Calories 140, Total Fat 12g, Saturated Fat 2.5g, Cholesterol 215mg, Sodium 170mg, Total Carbohydrates 0g, Fiber 0g, Protein 6g..... Enjoy!

Information comes from K-State University food scientist, Karen Blakeslee, and University of Nebraska-Lincoln Extension.

For more information regarding Agriculture and Natural Resources, 4-H Youth Development, or K-State Research and Extension call the office at 620-583-7455, email me, Ben Sims, at benjam63@ksu.edu, or stop by the office which is located inside the courthouse. Be sure to follow K-State Research and Extension- Greenwood County on Facebook for the most up-to-date information on Extension education programs and the Greenwood County 4-H program.