

TURN SPOOKY EYES INTO A FUN HALLOWE'EN PARTY APPETIZER!

Prepare the Spooky Eyes recipe. Halve each egg and remove the egg yolk. In a bowl, combine the yolks with 125 mL (½ cup) softened cream cheese. Fill each egg half with the cream cheese mixture. Press a stuffed olive into the centre to create an eyeball effect. Serve on a fun Hallowe'en platter!



SPOOKY EYES

An easy way to turn hard-cooked eggs into a fun Hallowe'en treat!

12 eggs
red food colouring

1. Place the eggs into a saucepan and cover with water 2.5 cm (1 in) over the eggs. Bring to a boil; remove from heat, cover, and let stand for 24 minutes. Let the eggs stand to cool slightly, about 10 minutes.
2. Meanwhile, combine the red food colouring in a glass bowl $\frac{2}{3}$ full of water. Make sure there is enough water to cover the eggs. Add enough food colouring to make the water a deep red colour.
3. Crack each egg, being careful not to remove any of the shell. Put the eggs in the red water and let sit for about 15 minutes. Rinse and peel the eggs. The eggs will appear to be covered in red veins!

This creepy treat makes a great breakfast for Hallowe'en morning, or a healthy snack before the trick-or-treating fun!



EGG-CELLENT IDEAS: HOMEMADE EGG SALAD

6	eggs	6
50 mL	celery, chopped	¼ cup
30 mL	green onion, chopped	2 tbsp
20 mL	light mayonnaise	4 tsp
20 mL	light sour cream	4 tsp
15 mL	fresh parsley, chopped	1 tbsp
1 mL	turmeric	¼ tsp
pinch	cayenne pepper	pinch

1. Place the eggs into a saucepan and cover with water 2.5 cm (1 in) over the eggs. Bring to a boil; remove from heat, cover, and let stand for 24 minutes. Drain and cool the eggs with cold running water.
2. Peel the eggs. Separate the whites from the yolks, placing in separate bowls. Finely chop the egg whites; quarter the egg yolks.
3. Add the celery, green onion, mayonnaise, sour cream, parsley, turmeric, salt and cayenne to the egg whites. Mix well. Gently fold in the egg yolks.
4. Spread the egg mixture on whole wheat bread. Makes about 4 sandwiches.



DID YOU KNOW ...

School crafts are a great way to reuse your egg cartons. Egg cartons make great containers to sort and separate beads and other craft decorations, too.

FEEDBACK:

What do you do to reuse your egg cartons? Send your ideas to eggstravagance@eggs.ab.ca and be entered to win a Get Cracking prize pack.



EGGS 101

Tips for perfect hard-cooked eggs!

1. Try to use eggs that are closer to their due date for hard-cooked eggs. Fresh eggs are harder to peel.
2. When mixing hard-cooked eggs with other ingredients for egg salad or potato salad, add the yolks in last to retain their colour and flavour.
3. Hard-cooked eggs can be refrigerated for up to a week. Don't forget to label them.



EGG TIP:

Eggs are perishable, so always refrigerate your eggs, and use them by the best before date stamped on the carton. Separated egg whites or yolks can be refrigerated for 2–4 days, and hard-cooked eggs can be kept in the refrigerator for up to a week.

EGG FACT:

One large egg contains 6 g of high-quality protein.

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