The Easter bunny has come and deposited a bounty of boiled eggs in your refrigerator. Only so many eggs can be consumed as plain boiled eggs in snacks or lunches. However, they can be nutritious additions to your family meals and they don’t have to be boring.

Deviled eggs are probably one of the quickest methods to vary that plain, boiled egg. If you are looking for a no-fuss way to do deviled eggs, cut eggs in half and put the yolks in a sandwich size plastic bag. Crumble the yolks and add mayonnaise, mustard, sour cream, vinegar, pickles, or your favorite ingredients. Mix well, snip a corner out of the bag and squirt the yolk mixture back into the whites. Quick, easy and no mess.

To add a little variety to the mixture, add finely chopped ham to the yolks, or put in some smoked salmon. That makes for extra special deviled eggs.

The eggs can be chopped and added to potato or rice salad, but for an extra pop of flavor, use them to make egg salad. Chop up the eggs and mix with mayonnaise, mustard, onions, peppers and chopped pickles. You could substitute sour cream or plain yogurt for part of the mayonnaise. Serve in a sandwich with whole wheat bread, bagels or with crackers.

Another flavorful idea is to make creamed eggs. Make a simple white sauce by melting 3 tablespoons of butter and adding 3 tablespoons of flour. Mix until smooth, then gradually add 1 cup of milk. Heat until thick and bubbly, then add your chopped eggs. You can add onions, garlic or peppers to the butter at the beginning of the process for extra flavor and color. Asparagus, green beans, broccoli or other cooked vegetable can be added with the eggs. Serve over rice, biscuits or toast.

Is meatloaf on the menu for this next week? Take the peeled egg and put it in the center of your meatloaf. Each slice of the meatloaf will feature that perfectly round egg slice. For variety, use a little sausage in the meatloaf mixture. That will spice up your loaf and is particularly flavorful with the egg center.
Use the eggs in a sauce for the top of your vegetables. Cook asparagus (or other vegetable) until it is tender crisp. Take the yolks from two boiled eggs and mash them with a fork. Add 1 teaspoon Dijon mustard, 3 tablespoons lemon juice, 1 tablespoon white wine vinegar, 1 teaspoon paprika, and salt and pepper to taste. Mix until smooth. Slowly add 1/4 cup oil and whisk it in to make a creamy dressing. Place the asparagus on the plate, chop up the egg whites and sprinkle over the top. Finish off with the creamy dressing.

Be sure to use those boiled eggs within a week. Storing them in the refrigerator for longer than a week can increase the chances of foodborne illness.

Making good use of those boiled eggs can stretch your food dollar as well as add flavor and protein to your diet.

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