

Eggtras from Easter

Spring has sprung, and early! Did I blink and completely miss winter? I was reminded of just how beautiful this time of year is last week on my drive down Highway 80 towards Petaluma. That stretch between the Napa cutoff and Highway 37 is so cliché. The luscious rolling hills of green reminds me of St Patrick's Day, leprechauns, and rainbows. Who knows why, but now you kind of get a glimpse of the inner workings of my brain. :) Ironically, my five year old just so happens to be obsessed with leprechauns right now. He is intrigued with their nature and has so many questions, like: Are they magic? Are they nice or mean? And my favorite, where do they live? So, it seems only obvious that I should be prepared for more questions come Easter. In anticipation, I began brainstorming a list of potential "asks", and boy did I come up with some interesting questions myself. Like, why do we associate bunnies with colorful eggs? I mean rabbits don't even lay eggs! How am I going to explain that one? That got me thinking, what are we going to do with all those leftover Easter eggs!?

Believe it or not, you can really use them! Sure, they might be tie dye colored, have the leftover hues of a waxy crayon, or have fingerprint residue from the hands of children, but beneath that outer shell lies goodness. Eggs are a super power food! They supply around 78 calories, 6 grams of protein and are packed with other nutrients including Vitamin D and choline which helps strengthen your immunity, bones, and support eye health. But are they heart healthy?

You may have heard conflicting advice over the past decade surrounding the recommendation for egg consumption and you might even wonder if they are okay to consume on a regular basis. According to recent studies and the American Heart Association one egg per day is fine for people who eat them as part of a healthy diet. In fact, a recent study published in *The American Journal of Clinical Nutrition*, found that eating at least 12 eggs a week for three months did not increase

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cardiovascular risk factors for people with prediabetes and Type 2 diabetes. So, if you generally eat well and don't consume a lot of saturated (animal) fat in your diet, an egg a day is just fine. If you want more than that, try combining one whole egg with multiple egg whites and skip the extra yolks.

Now, here are some ideas on how to use up those leftover Easter eggs:

Deviled Green Eggs

9 large eggs

1 medium avocado

2 Tablespoons of fat free sour cream or Greek yogurt

1 ½ teaspoons of fresh lime juice

1 to 2 Roma tomatoes, seeded and finely chopped

½ cup finely chopped green onions

¼ teaspoon salt

1-2 teaspoons of finely chopped jalapenos, seeds and ribs discarded

1 Tablespoon plus 1 ½ teaspoons chopped fresh cilantro

Hard boil the eggs. Remove yolks. Add only 2 whole egg yolks to a medium bowl and place the egg white halves on a platter. Using a spoon, scoop the avocado into the bowl with the egg yolks. Use a fork to mash together. Stir in sour cream (or Greek yogurt), lime juice, tomato, green onion, salt, pepper, and jalapeno. Sprinkle with ½ teaspoon of cilantro.

If you're like me and don't like deviled eggs, try slicing a leftover hardboiled egg as part of your morning breakfast, on top of a garden salad, or use primarily egg whites to whip up an egg salad sandwich. If you have a dog, I'm sure they would love to help you eat up your extra yolks. ;)