



Iowa Egg Council

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Picnic Perfect Eggs

May Egg Month marks the beginning of warmer weather when everyone gets busy planning picnics and barbecues. Potato salad and deviled eggs are perfect for packing up and eating outdoors, but knowing how to safely tote these to your favorite spot is just as important. Here are a few important safety tips to keep in mind.

- Plan ahead. Prepare potato salad or deviled eggs and chill thoroughly before packing in the cooler. Consider taking several smaller containers and replenishing them often, rather than leaving foods at room temperature where bacteria can thrive.
- Pack smart. Wait just before leaving home to pack your chilled egg dishes in an insulated cooler. Make sure you have plenty of ice or freezer packs to surround the dishes.
- Transport safely. Put the insulated bag or cooler in the inside of the

car rather than the hot trunk. The air-conditioned passenger compartment of the car is the ideal spot. Once you reach your destination, keep the cooler in the shade and open it as infrequently as you can to help keep everything at 40°F or lower.

- Wash your hands before and after handling food. Disposable moist towelettes are an easy-to-carry alternative.
- Remember the two-hour rule. Keep potato salad or deviled eggs cool during serving by placing the bowl or tray in an ice-filled container or on freezer packs with commercial coolant. Don't leave the egg dishes out for more than 2 hours. When the outdoor temperature rises above 85°F, the time limit is 30 minutes to one hour. Discard any leftovers.

Now that you've taken these precautionary measures, you're ready to be food safe and create a lovely picnic experience.

BLT Deviled Eggs

One bite, and your guests will be clamoring for this recipe. Bacon, spinach and tomato give these eggs a fresh summertime twist.

6 large eggs
5 slices bacon
½ cup plus 12 small leaves fresh spinach
1 medium tomato
¼ cup mayonnaise
1 teaspoon yellow mustard
Salt
Ground black pepper

Place eggs in single layer in medium saucepan. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes. Drain immediately and cool completely under cold running water or in a bowl of ice water.

Meanwhile, cook bacon until crisp; drain and crumble. Set aside 1 tablespoon crumbles for topping. Rinse spinach and basil leaves; pat dry. Reserve 12 spinach leaves for lining egg white halves. Chop remaining spinach and all of the basil leaves. Seed and dice tomato;

set aside 1 tablespoon tomato for topping.

Peel eggs and halve lengthwise. Remove yolks; set white halves aside. Place yolks in a small bowl and mash with a fork. Stir in mayonnaise, mustard and salt and pepper to taste. Gently stir in the unreserved bacon, the chopped spinach and basil and unreserved tomato.

Arrange egg white halves on a serving plate. Place a reserved spinach leaf in the bottom of each egg white half, allowing edges to stick out at the top. Spoon egg yolk mixture on top of spinach leaves in egg white halves. Sprinkle reserved bacon crumbles and diced tomato on top. Makes 12 appetizers.

Best-Ever Potato Salad

Boil a few extra eggs to slice and arrange on top of this old-fashioned picnic salad. More eggs on top makes any salad a guaranteed hit.

5 large eggs

2 pounds potatoes (6 medium or 4 large)

¼ teaspoon salt

¾ cup mayonnaise

3 tablespoons sweet pickle juice (bread and butter pickle juice is best)

1 rounded teaspoon finely chopped onion

1 teaspoon yellow mustard

½ teaspoon salt

¼ teaspoon ground black pepper

Place eggs in a single layer in a medium saucepan. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes. Drain immediately and cool completely in a bowl of ice water.

Peel and cube potatoes; place in a medium saucepan. Add ¼ teaspoon salt and enough water to cover. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until tender. Drain potatoes and cool.

Meanwhile, peel eggs and coarsely chop. For dressing, in a large bowl combine mayonnaise, sweet pickle juice, onion, yellow mustard, the ½ teaspoon salt and pepper. Add potatoes and eggs. Toss lightly to coat. Cover and chill for 6 to 24 hours. Makes 8 side-dish servings.

For more great recipes for your summer outings, visit www.iowaegg.org.