



News Release

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Easy-Peel Hard-Boiled Eggs Right in Time for National Egg Month

New Hard-Boiled Egg Technique Saves Time, Makes Peeling Easier

Urbandale, Iowa (May 02, 2016) - May is National Egg Month and there's no better way to celebrate than going back to cooking and nutrition basics with the Incredible Edible Egg. Eggs are as popular as ever and at 19 cents apiece and 70 calories, one large egg still offers one of the best nutritional values to be had - especially when it comes to high-quality protein. And, with the 2015 Dietary Guidelines for Americans removing the daily cholesterol limits and recommending them in healthy eating patterns, people can feel good about including them in their diet.[1]

Master Easy-Peel Hard-Boiled Eggs

According to a recent survey conducted by the American Egg Board, difficulty peeling is a top barrier to consumers making more hard-boiled eggs.[2] Fortunately [a new way to hard-boil eggs](#) makes eggs not only easier to peel, but cuts the [classic hard-boiling](#) cook time by nearly one-third.[3] Instead of waiting for an entire pot filled with water and eggs to boil, try this new method out:

1. **HEAT** ½- to 1-inch of water in a large saucepan to boiling over high heat. **Carefully place** steamer insert into pan over boiling water OR proceed to Step 2, if not using a steamer insert.
2. **Carefully ADD** eggs using a large spoon or tongs. **COVER** pan. Continue cooking 12 minutes for large eggs (13 minutes for extra large eggs).
3. **DRAIN** immediately and serve warm. **OR**, cool completely under cold running water or in bowl of ice water, then **REFRIGERATE**.

Making hard-boiled eggs fast and easy-to-peel is good news for the millions who search for "boiled eggs," one of the most popular search terms related to "eggs" in Google. It's also good news for people who love to make [deviled eggs](#), as the easy-peel method helps keep egg whites whole and yolks a creamy golden yellow. Inspired? Watch [this video](#) to see how easy deviled eggs can be to make.

Take Your Hard-Boiled Eggs to the Next Level

Making a dozen hard-boiled eggs on Sunday ensures you have a nutritious, grab-and-go snack whenever you need it. Try out these ideas to keep your hard-boiled egg snacks fresh and fun all week long:

- Go fancy with your salt and pepper. Try truffle salt or spicy chipotle salt for a little heat.
- Season hard-boiled eggs with salt-free lemon and pepper seasoning mix or low-salt herb mix.
- Make it spicy with a dab of Sriracha or your favorite hot sauce.
- Dip your eggs in honey mustard or ranch dressing and add chopped veggies to top it off. Place it on a pretzel stick or breadstick for a grab-and-go snack.
- Top your lunch salad with hard-boiled eggs.
- Add it to a bento box filled with hummus, olives and vegetables for a delicious afternoon snack.

For more tips, tricks and egg recipe ideas for National Egg Month, visit us at [Iowa Egg](#) and [IncredibleEgg.org](#) and check us out on [Facebook](#), [Twitter](#) and [Pinterest](#). And, if you're looking for more egg nutrition facts, watch Kevin Bacon and his brother Michael from the Bacon Brothers band wake unsuspecting people up to the power of eggs in their [original song and video!](#)

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About the American Egg Board (AEB)

Through AEB, U.S. egg producers come together, in accordance with statutory authority, to establish, finance and execute coordinated programs, on research, education and promotion-all geared to drive demand for eggs and egg products. The Board consists of 18 members and 18 alternates from all regions of the country, nominated by the egg industry, and appointed by the U.S. Secretary of Agriculture. AEB and all program activities are funded by U.S. egg producers, subject to USDA approval. AEB is located in Park Ridge, Ill. Visit www.IncredibleEgg.org for more information.

[1] U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

[2] Google Survey conducted online for the American Egg Board. Survey. Surveyed 1,500 general population respondents in February 2016. Overall sampling error is +/-3% at the 95% rate of confidence.

[3] American Egg Board. Applied Cookery Study: Hard-Boiled Eggs Using Stovetop Methods. December 2015.