



# Egg Safety Tips

Observing these food-safety tips will make it a fun and healthy Easter for you and your family!

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- Use one set of eggs for dyeing, decorating and hunting and a second set for eating. If you're planning to eat the Easter eggs you dye, be sure to use food-grade dyes only.
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- If you're having an Easter egg hunt, consider your hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects or lawn chemicals.
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- Make sure you find all of the eggs you've hidden and then refrigerate them within two hours. Do not eat any eggs that have been out of the refrigerator more than two hours. Discard any cracked eggs.

# Classic Deviled Eggs

with colored egg white variation

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## Ingredients

- 12 hard boiled eggs, peeled
- 1/4 to 1/2 cup reduced-fat salad dressing or mayo
- salt and pepper, to taste
- 1/4 cup sweet pickle relish
- mustard (optional)

Cut eggs in half lengthwise. Remove yolks to a small mixing bowl. Add salad dressing and seasonings of choice. Mix until smooth. Transfer filling to a quart size plastic food-storage bag. Press out air and seal bag. Refrigerate to blend flavors. To fill egg white halves: push filling toward bottom corner of bag, snip off about 1/2 inch of corner and squeeze yolk mixture from bag into egg white halves. Deviled eggs can be made up to 12 hours ahead. Cover and refrigerate.

## For Colored Egg Whites

Gather enough glasses or mugs for the number of colors you want to use. Fill the mugs or glasses 2/3 of the way full with cold water. Add 3 drops of desired food coloring along with 1 tsp vinegar to each mug or glass. Place egg whites in the container and allow them to remain in the food coloring until desired color is reached. Remove whites from dye and drain. Fill once whites are dry.

Source: [Foodsafety.gov](https://www.foodsafety.gov)