

Quick Bites



Healthy Fun Facts: Salmon is one of the healthiest fishes you can eat. It's a lean protein that's rich in Omega-3 fatty acids, which is great for cardiovascular health. It's also high in B Vitamins, which are needed for optimal brain functioning. Find more recipes at: www.jocoeats.com

Salmon and Egg Salad - 6 servings / \$1.56 per servings



2 (6-ounce) cans boneless, skinless salmon, drained
3 large boiled eggs, peeled and chopped
1/2 onion, chopped
2 tablespoons mayonnaise
1/3 cup plain, nonfat Greek yogurt
1/4 teaspoon salt
1/4 teaspoon pepper

1. Clean work area with warm, soapy water. Wash hands with soap and warm water for 20 seconds. Wash onion with water (no soap) before chopping.
2. In a medium bowl, combine all the ingredients together and toss to combine.
3. Serve immediately or store, covered, in a refrigerator up to 1 day; stir before serving.



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Tips That Make Sense

Recipe

1. Take time to plan your meals and make a grocery list. This usually takes less time than the time spent going back to the store for a forgotten item.
2. Keep paper and pencil in the kitchen to list foods you need.
3. Check kitchen cabinets and refrigerator when making your grocery list.
4. Before going to the grocery store, plan a weekly menu of dishes using healthy foods.
5. Plan some meals without meat. Use dried beans, eggs, or peanut butter as a main dish.

Eggs 101

How to Hard Boil Them

Place eggs in a single layer in a saucepan.

Cover the eggs with water by 1-inch.

Bring the water to a boil.

Once a boil is reached, turn the heat off and cover the pot with its pot lid. Do not remove the pot off the burner.

Set a timer for 15 minutes.

After 15 minutes, place eggs in an ice-bath. Once cool, peel and enjoy or put unpeeled eggs in the refrigerator and enjoy within 7 days.

Eggs & Food Safety

Keep eggs in their carton in the refrigerator

Raw eggs have the potential to carry Salmonella and other bacteria. Always cook egg dishes to an internal temperature of 160F and wash hands after handling raw eggs.

Consuming raw eggs is not recommended. If your recipe calls for raw eggs, look for pasteurized liquid eggs.

How Can You Tell if an Egg is Bad?

Let your nose be your guide! Eggs are bad if they smell bad.

Eggs that float in water are just older eggs, but they could still be safe to consume.

If an egg smells rotten after you crack or peel it open, toss it.



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