



## HerBed Deviled Eggs



An egg is a sign of spring—and a perfect meal in a shell! Eggs are delicious, inexpensive, and full of fantastic nutrients such as protein and B vitamins, and an important mineral called choline. Try preparing eggs this way—and just add a little bit of hot sauce if you want to make them truly devilish!

“Eggs are a good source of protein and affordable for families. They are readily available, versatile and are found in many of the foods we eat every day. This month we celebrate the egg in its purest form with this recipe for an herb-deviled egg.”

Deval Patrick  
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 25 MINUTES ■ TOTAL TIME: 40 MINUTES ■ MAKES: 4 SERVINGS



▶ **WASH** your hands with soap and water and dry them.

▶ **CLEAN** the counter top with a sponge.

▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.

▶ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.

▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

### KITCHEN GEAR

Small bowl  
Cutting board  
Sharp knife  
(adult needed)  
Measuring spoons  
Fork  
Plate  
Spoon

### INGREDIENTS

2 tablespoons plain low-fat Greek yogurt  
1 teaspoon mustard  
1 tablespoon chopped fresh herbs, such as parsley, basil, dill, tarragon, or cilantro, plus extra for garnish (if you want to be fancy)  
1/8 teaspoon salt  
4 large hard-boiled eggs, peeled

### INSTRUCTIONS

1. Put the yogurt, mustard, herbs, and salt in the small bowl and set aside.
2. Cut the eggs in half lengthwise. Remove the yolks (they'll pop out if you push the white underneath them) and put them in the bowl with the yogurt. Mash until coarse or creamy, whichever you prefer.
3. Put the whites on the plate. Use the spoon to refill each egg half with the yolk mixture and sprinkle with extra herbs, if you like.

### Try This

For perfect hard-boiled eggs, put raw eggs in a pot, cover them with cold water, cover the pot, bring the water to a boil, and then turn off the heat. After 10 minutes, drain the eggs and rinse them under cold water until cool.

**Safety Tip** Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

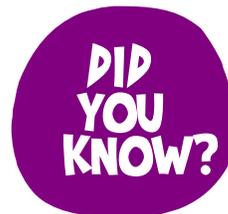


The Country Hen's Founder, George Bass, with a few feathered friends at the farm.

**The Country Hen**, located in Hubbardston, MA, supplies supermarkets across the United States with the first commercially produced Organic, Omega-3 enriched egg. Our founder, George Bass, started the farm in 1988, with the goal of using the highest quality organic commodities to produce the world's best egg. We mill all of our organic feed right here at the farm, exclusively for our hens. We truly understand that only the happiest and healthiest hens will produce the superior quality of our eggs, so we pamper our hens and let them roam freely through spacious, sunlit barns with outdoor porches attached. [www.countryhen.com](http://www.countryhen.com).

## Try This:

Are eggs fragile? Drop one and it will break. But what if you squeeze one as hard as you can? Try it. Put an egg in the palm of your hand, wrap your fingers around it, and squeeze. Did it break? We didn't think so! That's because an egg is like a 3-D version of an arch, which is one of the strongest shapes in architecture. The curved form of the shell spreads the pressure evenly all over, rather than concentrating it at any one point where you're pressing.



**Which came first?** East Indian history suggests that wild birds were domesticated as early as 3200 B.C., while Egyptian and Chinese records show that fowl were laying eggs for humans to eat as early as 1400 B.C.

In 2012 Massachusetts had **131,000** laying chickens that produced over **36 million** eggs!

Howard Helmer holds three **Guinness World Records** for omelet-making: fastest omelet-maker (427 omelets in 30 minutes); fastest single omelet (42 seconds); and omelet flipping (30 flips in 34 seconds).



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