



FOR IMMEDIATE RELEASE:

July 3, 2007

KICK OFF SUMMER WITH SIZZLING TREAT

Firecracker Deviled Eggs hit the spot at summertime picnics

COLUMBUS – Fire up the grill, lather on the sunscreen and make a splash in the pool; summer picnic season is in full swing. Put a bang in your next celebration with a new twist to America’s favorite egg dish – Firecracker Deviled Eggs.

“Eggs are a natural source of nutrition and are inexpensive and easy to prepare,” said Jim Chakeres, executive vice president of the Ohio Poultry Association. “In fact, with a protein value of 94 percent, eggs set the standard by which all other protein sources are compared. This recipe is sure to jazz up your next summer gathering, while promoting a healthy nutritious treat.”

Eggs contain almost every essential vitamin and mineral needed by humans as well as several other beneficial food components. High-quality protein, like the protein in eggs, helps build muscles and allows people to stay energized and feel full longer.

In addition to the nutritional benefits of eggs, it is important that consumers are aware of the proper way to handle, prepare and serve these dishes for summertime picnics to avoid food-borne illnesses.

When purchasing eggs, consumers should open the carton to make sure that the eggs are clean and the shells are not cracked. The eggs should be refrigerated promptly when arriving home and be stored in the original carton and used within three weeks of purchase.

When preparing deviled eggs, consumers should hard-cook eggs instead of boiling them. To hard-cook eggs, bring them to a boil and then remove from heat. Leave the eggs covered in the hot water for about 15 minutes.

Bacteria can multiply in temperatures from 40°F (5°C) to 140°F (60°C), so it's very important to serve foods safely. When preparing for a picnic, deviled eggs should be packed in an insulated cooler with enough ice or frozen gel packs to keep them cold. Or make transportation easier and put prepared egg yolk filling in one plastic bag, and put the egg white portions in another bag, and place both in the cooler. When you arrive at the picnic site, cut a corner of the bag and fill the eggs. Consumers should not eat eggs that have been sitting out for more than two hours without refrigeration.

For more information on safety tips, fun recipes or nutritional benefits, visit the OPA Web site at www.ohiopoultry.org.

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-Recipe follows on next page-

Firecracker Deviled Eggs

(Makes 12 appetizer servings)

6 hard-cooked eggs

1/3 cup mild salsa

3 tablespoons reduced-fat sour cream

3 tablespoons minced green onions

1 tablespoon chopped black olives

1 teaspoon lemon juice

Green onions, red pepper strips or parsley, optional

Cut eggs in half lengthwise. Remove yolks and set whites aside. In small bowl, mash yolks with fork. Stir in remaining ingredients until well blended. Refill whites, using one heaping tablespoon yolk mixture for each egg half. Chill to blend flavors. Garnish with green onions, red pepper strips or parsley, if desired.

Nutritional information per serving of 1/12 recipe without optional ingredients: Calories 47, Protein 3g, Carbohydrates 1g, Total Fat 3g, Cholesterol 108 mg, Sodium 112 mg.

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