



FarmFresh

Recipes

October 2017

Available Now...

Eggs

Celebrate World Egg Day on October 13 with Colorado eggs.

Colorado's 4.5 million laying hens produce more than 1.3 billion eggs each year.



Tips and Nutrition

Eggs are protein packed and nutrient dense, with 14 essential nutrients including choline and Vitamin D. Try this easy five ingredient recipe to enjoy nutritious and delicious Colorado eggs.



Fresh Inspirations...

Gimme 5 Egg Salad

Ingredients

- 12 Hardboiled Eggs, diced
- 1/2 Cup Mayonnaise
- 2 Tbsp. Yellow Mustard
- 1 Tbsp. Agave Nectar
- 1 Tsp. All Purpose Seasoning

Directions

Mix all ingredients in a stainless steel bowl and serve on toast.

Enjoy with a glass of Colorado wine such as Grasshop'ah Cider from Colorado Cider Company in Denver, Colorado.

How to Hard-boil Eggs *(From the American Egg Board)*

1. Place eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling.
2. Remove from burner. Cover pan. Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra-large).
3. Drain immediately and serve warm. Or, cool completely under cold running water or in bowl of ice water, then refrigerate.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Squash