



# 7 Ways to Use Hard Boiled Eggs

1. Chop 6 eggs and combine with  $\frac{1}{2}$  cup mayonnaise, 1 teaspoon curry powder, and  $\frac{1}{2}$  cup shredded carrots for a spicy egg salad.
2. Heat oil in a large skillet over medium heat. Add 3 cups leftover cooked rice and allow to cook 10-12 minutes. Do not stir, rice will get toasted and crunchy. Add 3 chopped eggs, chopped cilantro, a sprinkle of soy sauce, and your favorite spicy sauce.
3. Toss 2 cups boiled potatoes with olive oil, fresh lemon juice, and parsley. Mix in 4 chopped eggs. Add salt to taste.
4. Cook down one bunch of chopped kale until tender. Combine 3 chopped eggs, vinegar, and crushed red pepper flakes.
5. Combine 8 chopped eggs with salsa, cilantro, and black beans and wrap into burritos.
6. Cut 8 hardboiled eggs in half. Whisk together oil,  $\frac{1}{2}$  cup finely chopped parsley, and salt. Drizzle sauce on top of eggs.
7. Mix together 1 container of halved cherry tomatoes, chopped cucumber, olive oil, and lemon. Top with a chopped egg.

## **Protein Packed:**

Hard Boiled Eggs are the ultimate healthy affordable food on the go. They are protein packed, portable, and go with all kinds of flavors.

## **How to Boil an Egg:**

Place eggs in a single layer at the bottom of a sauce pan filled with water. Heat the pot over high heat and bring to a rolling boil. Turn off the heat, cover the pan, and allow to sit 10 minutes (or a little less if you like a little a slightly gooey middle).



For recipes and nutrition information, visit [capitalareafoodbank.org/recipes](https://capitalareafoodbank.org/recipes)

Together we can solve hunger™