



Ah, spring has sprung, and after our harsh winter this season of re-birth is very welcome. Maybe because I'm a chef, or maybe because I'm always hungry, I tend to think of the seasons in terms of food. From childhood I always remember spring as the season of Easter egg hunts.

"Goggling" Easter eggs, I wasn't surprised to find that eggs are associated with many religious and non-religious festivities. The egg is a pagan symbol of re-birth of the earth in celebrations of spring and was adopted by early Christians as a symbol of the resurrection of Jesus.

At the Jewish Passover Seder, a hard-cooked egg, dipped in salt-water symbolizes the festival sacrifice offered at the Temple in Jerusalem.

The egg is widely used as a symbol of the start of new life, just as new life emerges from an egg when the chick hatches.

In my business, SoulLuxe.com, as well as here at LBCC, I'm always looking for a more natural and organic approach to preparing foods, staying away from the more processed foods of our day. Of the numerous ways to color eggs, I am very intrigued by this month's recipe; it's all natural with no chemical dyes involved. The mottled, marble-like finished product is both beautiful and healthy.

This project is especially nice as it ties in well with our new ***Health Improvement Plan (HIP)***. Thanks to a generous grant, we've developed a plan to encourage the LBCC community to come together to promote leading a healthy lifestyle. The first initiative of the plan, "Meals and Snacks: How to make foods attractive to children and how to deal with picky eaters," is covered in this project.

These "colored" eggs are sure to be attractive to children and as they have participated in the creation, they will be more apt to eat them and reap the benefits. Enjoy!

Recipe on the next page

Ingredients

- 5 yellow onions
- 5 red onions
- 12 eggs

Directions

1. Remove the colored skins from the outsides of the yellow and red onions. Save the rest of the onion for other uses. Cut cheesecloth into 5 inch squares. Place a couple of pieces of onion skin onto a square of cheesecloth and set an egg on top. Gather the cheesecloth around the egg so that it is covered with onion skin. Secure with a rubber band. Repeat with remaining eggs and onion skins.
2. Fill a large pot with cold water and add the wrapped eggs. Cover and bring to a boil, then remove from the heat and let stand for 10 to 15 minutes. Afterwards, rinse the eggs under cold water and snip off the rubber bands to remove the cheesecloth. Rinse and dry the eggs.

Nutritional Information

Amount Per Serving Calories: 108 | Total Fat: 5.1g | Cholesterol: 212mg

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