

# The Extraordinary Sustainable Egg

by Jennifer Briand

Of all food items, the egg is the one that I could never do without! It is versatile, and it's used in almost all areas of cooking. With eggs, anyone can cook a meal that is both quick and delicious. And that speed of preparation is perfect for caregivers, as we don't always have a lot of time to prepare meals. The egg is also full of protein and vitamins and provides a healthy food choice, which is so important. You can also recycle the egg shell into your soil or compost.

When my children were young, we decided to raise our own chickens (from chick to laying hen). This provided much entertainment! The children discovered they too could be responsible for their own food—and, of course, that eggs and chickens do not really come from the grocery stores.

I also learned a lot. As I could see the difference in the egg quality depending on the variety of foods our chickens ate, the chicken/egg combination taught me that you really are what you eat. With that in mind, we made sure 'the girls' had a wholesome diet.

We all learned that fresh eggs are amazing, and that they make your baked goods even better. I also learned that the fresher the egg, the harder they are to peel when boiled. You may want to keep that in mind for the following recipe.

Over the years, our dear friend Kody would bring along his Devilled Eggs for many a holiday meal or summer barbecue. His theory is that simple ingredients allow the egg to shine. Everyone must agree, for he always leaves with an empty dish!

Thanks Kody! And of course, all chickens ('the girls'), for making this recipe possible!

## Kody's Devilled Eggs

### INGREDIENTS

For 12 Devilled Eggs you will need:

- 6 large eggs
- ¼ cup of Miracle Whip (do not substitute with another mayonnaise)
- 1 tsp dry mustard
- drop of Worcestershire sauce
- paprika, for garnish (can also add parsley or chives)

### INSTRUCTIONS

- Place eggs in a single layer and bring to a boil for a minute, then let rest in the hot water for 12 minutes. Rinse under cold water and peel immediately. Cool in refrigerator.
- Cut the peeled eggs in half lengthways. Scoop out the yolks, and put them in a separate bowl. Mash yolks, and add all the other ingredients except the garnish. Season with pinch of salt and pepper to taste. Use a small scoop, or pipe yolk mixture into eggs. Garnish with paprika.

