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Red & Yellow Pepper Omelets

Easter Egg Roll



Preparation Time: 20 minutes
 Number of Servings: 2

Ingredients:

- 1 tsp olive oil
- 4 egg whites
- 1/2 tsp dried basil
- 2 tsp grated Parmesan cheese, divided
- 1 sweet red pepper, thinly sliced
- 1 yellow pepper, thinly sliced
- 1/4 tsp black pepper

Directions:

In a large non-stick frying pan over medium heat, warm oil; add the red peppers and yellow peppers; cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat. In a small bowl, lightly whisk together the egg whites, basil and black pepper. Coat a small non-stick frying pan with non-stick spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set. Carefully loosen and flip; cook for 1 minute, or until firm. Sprinkle half of the peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 tsp of the Parmesan cheese. Repeat with the remaining egg mixture, peppers and 1 tsp Parmesan cheese.

-fruitsandveggiesmatter.gov

The story of the White House Easter Egg Roll, which begins at one end of Pennsylvania Avenue and continues at the other, is one of the oldest and most unique traditions in presidential history.

Rolling eggs on the Monday after Easter was a tradition observed by many Washington families, including those of the President. Some historians believe Dolley Madison first suggested the idea of a public egg roll, while others tell stories of informal egg-rolling parties at the White House dating back to President Lincoln's day.

Public egg-rolling celebrations, however, were held not at the White House, but on the grounds of the Capitol. Press accounts from as early as 1872 recount stories of Washington children of all ages joining together to roll eggs on the congressional grounds.

The children of Washington apparently caused such a ruckus on the Capitol grounds in 1876 that Congress passed the Turf Protection Law to prohibit the area from being used as a playground in future years. The event was rained out in 1877, but in 1878 the children were alerted by a small notice in the local newspaper informing them that the egg rollers would not be allowed at the Capitol that year.

Two versions of the story follow: Either the angry rollers rushed to the gates of the White House and demanded that they be let in to roll their eggs on the President's lawn or President Rutherford B. Hayes, alerted to the plight of the children, opened the gates to the South Lawn and welcomed all the rollers to his end of Pennsylvania Avenue. Either way, the first White House Easter Egg Roll was held in 1878.



-The National Archives

Tips for a Safe & Green Spring Cleaning

It's that time of year again...spring cleaning time! Before you break out the cleaning supplies take a few minutes to make sure you know how to properly handle and dispose of household products so that you keep your family safe.

Americans generate 1.6 million tons of waste each year from common household products with potentially hazardous ingredients. These products can include drain openers, oven cleaners, paint thinners, strippers, and removers, grease and rust removers, and mold and mildew removers. Leftovers of these products often referred to as "household hazardous waste" (HHW) may contain corrosive, toxic, flammable, or reactive ingredients.



Improper disposal of household hazardous waste can include pouring them down the drain, on the ground, into storm sewers, or in some cases putting them out with the trash. The dangers of such disposal methods might not be immediately obvious, but improper disposal of these materials can pollute the environment or possibly harm your family. Many communities in the United States offer a variety of options for safely managing your HHW. Check with your local solid waste authority for collections in your area.

Here's what you can do to keep yourself, your family, and your environment safe while using these products during your spring cleaning:

1. Read and follow the label – before you buy, always check the product labels. It is important to look for labeling that reads "DANGER," "WARNING," "CAUTION," "TOXIC," "CORROSIVE," "FLAMMABLE," or "POISON." These warnings tell you if the product is harmful to you, your family and the environment, and how to use, store, and dispose of it safely.

2. Keep products in their original containers and store them safely away from children and pets.

3. Dispose of household products safely – never pour corrosive, toxic, flammable, or reactive household products down the sink, toilet, or bathtub drain unless the products are made for that purpose.

4. Try alternative products when available – for many everyday tasks, there are readily available products that can serve the same purpose, but that may be less harmful (and cheaper) alternatives. For example, mixing 1 tablespoon of vinegar or lemon juice in 1 quart of water makes for an excellent glass cleaner.

- US EPA

Are Easter Eggs Safe?

Many people will color eggs this Easter, using them for egg hunts or just for decoration. **Here are some safety tips for Easter eggs.**

Dyeing eggs: After hard boiling eggs, dye them and return them to the refrigerator within 2 hours. If eggs are to be eaten, use a food-safe coloring. As with all foods, persons dyeing the eggs should wash their hands before handling the eggs.

Decorations: One Easter bread recipe is decorated with dyed, cooked eggs in the braided bread. After baking, serve within 2 hours or refrigerate and use within 3 to 4 days.

Blowing out eggshells: Because some raw eggs may contain Salmonella, you must use caution when blowing out the contents to hollow out the shell for decorating, such as for Ukrainian Easter eggs. Use only eggs that have been kept refrigerated and are uncracked. To destroy bacteria that may be present on the surface of the egg, wash the egg in hot water and then rinse in a solution of 1 teaspoon liquid chlorine bleach per half cup of water. After blowing out the egg, refrigerate the contents and use within 2 to 4 days.



Hunting Eggs: Hard-cooked eggs for an egg hunt must be prepared with care to prevent cracking the shells. If the shells crack, bacteria could contaminate the inside. Eggs should be hidden in places that are protected from dirt, pets, and other sources of bacteria. The total time for hiding and hunting eggs should not exceed 2 hours. The "found" eggs must be re-refrigerated and eaten within 7 days of cooking.

-US Dept. of Agriculture

