



EASY DEVILED EGGS



Ingredients

- 6 large eggs
- 3 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- Salt and pepper, to taste
- Paprika, for garnish

Directions

1. Bring a pot of water to a boil. Reduce the heat to low (or off) to ensure the water is no longer boiling or has bubbles and use a skimmer to place the eggs in the water. Then increase the heat back to high and set timer for 14 minutes.
2. While the eggs are boiling prepare an ice water bath and set aside.
3. After 14 minutes, remove the eggs from the water and place in the water bath.
4. Once the eggs have cooled completely, peel them and slice in half lengthwise. Carefully remove the yolk to a small bowl with a spoon and place the egg whites on a plate.
5. Mash the yolks with a fork and add the mayonnaise, mustard, vinegar, salt and pepper. Stir everything together.
6. Use a spoon to add a portion of the deviled egg mixture back into the hold of each egg white. Sprinkle on paprika for garnish.



Reducing Sodium Intake Around Upcoming Spring Holidays

The upcoming spring holiday season (which for many of us includes Easter & Passover) usually leaves us in the middle of an overabundance of holiday eating. Of all the dietary pitfalls that may tempt us, excess salt may be the most difficult to avoid due to its inclusion in so many foods and near invisibility. The ADA's recommendation for daily intake of sodium is a maximum of "1,500 mg", even though the "average American consumes about 3,400 mg per day, well above the limit recommended for good health".

"Too much sodium increases the risk of hypertension", especially as we age. It may come as a surprise that the "biggest contributor to our sodium intake is not the salt shaker". According to the American Heart Association, approximately "75% of the sodium we eat comes from processed and restaurant foods".

Some of the hidden places salt may be lurking, especially when eating out, are sauces, soups and appetizers with cheese. As always, first consult your physician for advice concerning dietary recommendations regarding your individual medical needs. Along with reading labels for home cooking, know that if you ask, many restaurants will prepare your food with added salt or assist you in selecting less salty alternative.

The good news is that our taste buds can change in time. "Studies show that when people are given a lower sodium diet for a period of time, they begin to prefer lower sodium food & the foods they used to enjoy taste too salty". So, enjoy "springing" into the season of bunnies and egg hunts, mindful that less salt may help us to enjoy many springs to come!

Nurse Sue

Reducing Sodium in a Salty World - American Hear Assn. Aug. 17, 2015

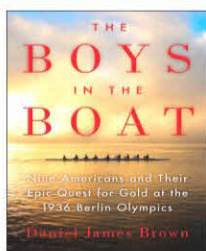


HBK SENIOR CENTER MOVIE FRIDAYS AT NOON

[Movie of week will be posted on
Board by Receptionist Desk]

**Next meeting: Tues.
April 23rd - 11am**

**Our Book Club will be
discussing** →



*April - From the Latin word
aperio, "to open" because plants
begin to grow during this month!*

