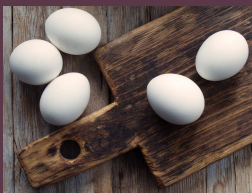




## Spring is Here!



### Did You Know... Some Facts, Figures & Food Safety Tips

~Imported lamb has more intense flavor, U.S. lamb is larger and sweeter in flavor

~Cook egg dishes to 160 degrees F. Cook whole eggs until yolk and white are firm

~Cook fresh, raw ham to 145 degrees F, rest for 3 minutes. Heat precooked ham to 140 degrees F

~Use a separate cutting board for veggies and fruits. Refrigerate at 40 degrees F

### Deviled Avocado Eggs

#### Ingredients

3 hard boiled eggs cut in half

1 large avocado

2 tsp lime juice  
1 tsp cilantro  
Pinch of garlic powder salt and pepper  
Sprinkle with paprika optional

#### **Instructions**

Remove the cooked yolks from the hard boiled eggs into a bowl.  
Add the avocado to the bowl next.  
Then add the remaining ingredients and mash together well with a fork.  
Add the mixture to the egg halves

Sprinkle with paprika if desired.

*Recipe & photo from <https://www.tosimplyinspire.com/deviled-avocado-eggs.html>*



## **National Food Holidays - March**

March 1: National Peanut Butter Lover's Day

March 2: National Banana Cream Pie Day

March 3: National Cold Cuts Day

March 4: National Poundcake Day

March 5: National Cheese Doodle Day

March 6: National Oreo Day

March 7: National Cereal Day

March 8: National Peanut Cluster Day

March 9: National Meatball Day

March 10: National Ranch Dressing Day

March 11: National "Eat Your Noodles" Day

March 12: National Milky Way Day

March 13: National Chicken Noodle Soup Day

March 14: National Potato Chip Day

March 15: National Peanut Lovers' Day

March 16: National Artichoke Heart Day

March 17: National Irish Food Day

March 18: National Sloppy Joe Day

March 19: National Oatmeal Cookie Day

March 20: National Ravioli Day

March 21: National Crunchy Taco Day

March 22: National Water Day

March 23: National Chips & Dip Day

March 24: National Cake Pop Day

March 25: National International Waffle Day

March 26: National Spinach Day

March 27: National World Whisky Day

March 28: National Black Forest Cake Day

March 29: National Chiffon Cake Day

March 30: National Hot Chicken Day

March 31: National Oysters on the Half Shell Day

Thanks for Reading!  
~Eji's Culinary



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