

# Hard-Boiled Eggs

Makes 6 eggs | 3 servings | **Protein**

## Ingredients

- 6 eggs
- Water

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Place a single layer of eggs in a saucepan. Add enough cool water to rise at least 1 inch above eggs.
3. Over medium heat, bring water to just boiling. Cover pan and remove from heat.
4. Let eggs stand about 12-15 minutes.
5. Run cool water over eggs until cool enough to handle.
6. Refrigerate eggs if not using them right away. When ready to eat hard-boiled eggs, peel eggs. Season as desired or add to another recipe.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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