**A Good Place to Start**

**Best Hard Boiled Eggs**

Put the number of eggs you want in a saucepan, add cold water to at least 1 inch above eggs. To prevent cracking add a pinch of salt (¼ tsp for 6 eggs or ½ tsp for 12 eggs).

Put the saucepan on the burner of the stove and heat on high to a roiling boil. Once the water reaches a roiling boil, remove the pan from the burner to prevent further cooking. Cover the pan and let it sit for 18 minutes. (After the 18 minutes, I thought the yolks looked the best when I put the eggs in a bowl of ice water for 6 minutes to cool.)

After cooling, peel and eat.

**Pasta Salad in a Snap**

Cook some of your favorite whole wheat pasta (shells, rotini, etc.) by following the directions on the package. Drain and rinse pasta.

Toss drained pasta with vegetables, like broccoli, shredded carrots, grape tomatoes and cucumbers. Added shredded cheese or cheese cubes and Italian dressing. (Start with ½ cup of each vegetable and add more if you want.)

Chill in the refrigerator for at least 2 hours in a bowl with a lid or cover with plastic wrap.

**Foiled Again! or Roasted in a Tent!**

Cut up 3 cups of fresh seasonal vegetables, like zucchini, tomatoes, eggplant, mushrooms, sweet potatoes or red and green peppers into similar size pieces and put on a piece of heavy duty foil that is folded double thick. (Use a total of 3 cups, not 3 cups of each vegetable.)

Add 3 cloves of diced garlic. Drizzle with some olive or vegetable oil and sprinkle with some salt and pepper. You can use other herbs too.

Pull up the sides of the foil and pinch it together to make a tent and place on the grill or cook at 400 degrees in the oven for about 20 minutes.