

As anyone that spent any time at the lake in the last month or so can see, highly pathogenic avian influenza, that made headlines across the country last spring, is still around. Although there are not any known cases of this strain crossing species and infecting humans, it does still have an effect on our everyday lives in the terms of eggs. When this disease is found in a commercial chicken flock, the entire flock has to be euthanized removing 10's of thousands of birds from egg laying production at a time. This reduction in supply can be seen in the stores with skyrocketing prices and reduced availability. So what do we do if we need eggs in recipes? In addition to the commercially marketed egg substitutes, there are some other options to substitute for eggs in various situations. Kansas State University food scientist Karen Blakeslee recently shared some thoughts on the matter which I will share below.

MANHATTAN, Kan – As egg prices continue to increase in grocery stores, Kansas State University food scientist Karen Blakeslee said it might be beneficial to consider replacing eggs in certain recipes.

“From December 2021 to December 2022, the average price of a dozen eggs has gone up from \$1.79 per dozen to \$4.25 per dozen, according to USDA retail egg report. The biggest reason is the ongoing outbreak of avian influenza that has affected 46 states and almost 58 million poultry birds,” Blakeslee said.

Blakeslee recommends using two ounces of extra-firm tofu to replace one boiled egg. If a recipe utilizes eggs to hold ingredients together, Blakeslee suggests using one tablespoon of chia seeds or ground flax seeds mixed with three tablespoons of water to replace one egg.

“For leavening in baking, use the chia or flax seed mixture plus a half teaspoon of baking powder for each egg,” Blakeslee said. “For moistness in baking, use a quarter cup applesauce, mashed banana, pureed avocado, pureed garbanzo beans, or silken tofu for each egg.”

Eggs should be stored in the refrigerator cabinet for 3-5 weeks.

“This will likely go past the ‘sell by’ date on the carton, but they will be safe to use after that date as long as they have been refrigerated. This can help reduce food waste,” Blakeslee said.

Blakeslee also suggested [freezing eggs](#) for later use.

“Think about cutting back daily egg use to every other day to change up your routine to add variety,” Blakeslee said.

Blakeslee publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on being safe and healthy.

The link to the publication about Freezing Eggs can be found on our website, <https://rawlins.k-state.edu> under Health and Nutrition/Food along with several other articles about preserving foods.