



FOR IMMEDIATE RELEASE:

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Ohio Eggs Key to Healthy, Nutritious Breakfasts
Give children a healthy start to school day with
Breakfast Tortilla Pizza

COLUMBUS – After a few months off enjoying fun in the sun, thousands of Ohio students are hitting the books and heading back to the classroom.

“Although the start of a new school year can be hectic for families because of a new routine, one thing remains constant,” said Jim Chakeres, executive vice president of the Ohio Poultry Association. “Children need breakfast in order to learn and achieve.”

Breakfast is indeed the most important meal of the day. It has been proven that children who eat breakfast perform better academically, are less likely to become overweight, are absent and tardy less often and have fewer discipline problems. However, according to the Child Nutrition Foundation and National Dairy Council, “on any given day, 51 percent of kids go to school without breakfast.”

According to a study published in the Journal of the American College of Nutrition, an egg breakfast induces greater satiety and significantly reduces short-term food intake compared to a bagel breakfast.

“Breakfast doesn’t have to be boring,” said Chakeres. “Families can put a refreshing spin on the usual morning fare and try many nutritious egg recipes, such as Breakfast Tortilla Pizza.”

Eggs contain choline, which is an important and essential nutrient needed for normal functioning of all cells especially brain cells. In addition, the high-quality protein in eggs helps diners feel full longer and stay energized, which contributes to maintaining a healthy weight. In fact, research shows that eggs eaten at the start of the day can reduce daily calorie intake, prevent snacking between meals and keep you satisfied on those busy days when mealtime is delayed.

For more information on nutritional benefits or fun egg recipes, visit the OPA Web site at www.ohiopoultry.org.

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-Recipe follows on next page-

Breakfast Tortilla Pizza

(Yields 1 Serving)

1 whole-wheat flour tortilla (8-inch, soft taco size)

Cooking spray

2 scrambled eggs (prepared with 2 T skim milk in non-stick skillet sprayed with cooking spray)

1/4 cup chopped, lean cooked ham

1 tablespoon chopped green onions or chives

1/3 cup shredded, part-skim mozzarella cheese

Salt and Pepper to taste

Place tortilla on baking sheet and spray with cooking spray; bake in preheated 450° F oven for three minutes. Remove from oven and spoon scrambled eggs evenly over tortilla. Sprinkle with ham, onion and cheese. Return to oven and bake until cheese is melted or about an additional seven minutes. Cut into four wedges and serve.

Instructions for preparing scrambled eggs:

In small bowl, beat together eggs and milk with salt and pepper, if desired, until blended. Coat a 7- to 8-inch omelet pan or skillet with cooking spray. Over medium heat, heat pan until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid egg remains. Do not stir constantly.

Nutritional information per serving: Calories 426, Protein 33g, Carbohydrates 24g, Total Fat 21g, Cholesterol 464 mg, Sodium 920 mg.

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