



**FOR IMMEDIATE RELEASE:  
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**Good News for Eggs in 2015-2020 Dietary Guidelines in Time for Healthy Eating Resolutions  
*Ohio Poultry Association Offers Tips, Cooking Videos with Eggs for Healthier New Year***

**COLUMBUS, Ohio (January 14, 2016)** – One of the top New Year’s resolutions Ohioans make is to live a healthier lifestyle, including eating more nutritious and wholesome meals. The Ohio Poultry Association (OPA) offers an ideal solution that is versatile, affordable and rich in nutrients – the incredible egg – in a variety of helpful information and new recipes.

Just in time to help consumers’ with their New Year’s resolution to eat healthier, federal officials announced its latest dietary guidelines last week. The U.S. Dietary Guidelines include good news for egg lovers stating that eggs are naturally rich in vitamins and minerals and dietary cholesterol is no longer a nutrient of concern.

“We commend the U.S. Department of Agriculture and the Department of Health and Human Services on the 2015-2020 Dietary Guidelines, which recommend a balanced diet consisting of a variety of fruits, vegetables and protein foods, including lean meats and eggs,” said Jim Chakeres, executive vice president, Ohio Poultry Association. “With eggs, consumers can not only start the New Year off on the right foot, but also maintain their diet for a healthy lifestyle and weight because of how easy to make, creative and versatile you can be with them.”

Below are three reasons why consumers should incorporate eggs as part of the New Year’s healthy eating resolutions:

*Eggs are packed with health benefits*

Eggs are often known as nature’s most perfect food. One large egg contains six grams of high-quality protein, vitamin B12, phosphorus, riboflavin, nine amino acids and 13 essential nutrients – all for just 70 calories. Additionally, research shows that eggs eaten at the start of the day can reduce calorie intake, which helps to prevent snacking and keeps an appetite satisfied.

*Eggs are quick and easy to prepare*

An easier way to keep on track for following a New Year’s resolution to eat healthier is to make easy recipes. OPA has created a new series of cooking videos that highlights the ease of cooking egg-based foods like frittatas, omelets and deviled eggs. The videos are in a quick-speed format and will be released periodically throughout 2016 to share healthy, stress-free and delicious recipes year-long.

OPA’s first shared recipe is the [Italiano Turkey Frittata](#) (recipe shared below). Special recipes around holidays will also be shared, especially around Easter and Thanksgiving, from appetizers to desserts. Recipes will be shared on OPA’s Facebook and YouTube channel.

*Eggs are the perfect ingredient for every meal of the day*

Eggs don’t have to just be enjoyed for breakfast or eaten by themselves. Because eggs can be prepared in a variety of ways – hard-cooked, poached, scrambled, over-easy, and more – they can also be incorporated into a dish to add more flavor and an extra punch of high-quality protein. For example, when

a consumer makes a turkey wrap for lunch they can dice hard-cooked eggs or when they make a salad they can top it with a poached egg. Egg-based meals are also a good way to add more vegetables to a child and picky eater's diet.

“Consumers can be confident knowing they're buying high-quality, wholesome eggs because Ohio egg farmers make egg safety a top priority,” said Chakeres. “Farmers take their commitment seriously and have strict standards and rigorous testing in place to ensure their eggs are safe for consumption.”

Ohio is the second-largest egg farming state in the nation and produces more than 8.7 billion eggs annually. For more information about Ohio's egg, turkey and chicken farmers, nutrition benefits or for delicious recipes, visit [www.OhioEggs.com](http://www.OhioEggs.com) and [www.Pinterest.com/OhioPoultryAssn](http://www.Pinterest.com/OhioPoultryAssn).

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#### **Italiano Turkey Frittata**

##### Ingredients:

10 Ohio eggs  
2-3 tablespoons milk or cream  
1/4 cup chopped fresh basil, extra for serving (optional)  
1 ½ cups shredded Asiago cheese, divided  
½ cup shredded Parmesan cheese, divided  
1 teaspoon salt  
1 teaspoon pepper  
1 fresh leek, well cleaned and thinly sliced  
2 tablespoons butter  
1 ½ cups leftover, cooked turkey - shredded or cubed  
1 large carrot, coarsely grated  
1 medium zucchini, coarsely grated  
1 cup warmed marinara sauce, if desired

##### Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, beat together the eggs and milk. Stir in the fresh basil, salt and pepper and ¾ cup of the Asiago cheese and ¼ cup of the Parmesan cheese. Set aside.
3. In a large 12-inch non-stick oven proof skillet, sauté the leeks with butter for approximately 2 minutes. Add the turkey sausage, carrots and zucchini and sauté for 2 minutes, or until heated.
4. Add the eggs to the vegetables and stir to begin cooking. Let the eggs mixture begin to cook for a few minutes, running a rubber spatula around the edge of the frittata. Sprinkle with the remaining Asiago and Parmesan cheese.
5. Transfer the skillet to the oven for about 20-25 minutes or until a knife inserted in the center comes out clean.
6. Bring to the table and serve from the skillet; cut into pie wedges. Serve with shredded fresh basil and marinara sauce over the top of each slice, if desired.