



**FOR IMMEDIATE RELEASE:  
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**WIN HEARTS THIS VALENTINE’S DAY WITH FOUR EGG-CELLENT TREATS**

*The Ohio Poultry Association shares favorite Valentine’s Day recipes*

**COLUMBUS, Ohio (February 11, 2019)** – With Valentine’s Day just around the corner, Ohioans will soon be scrambling to find the perfect treat for their valentine. This year, the [Ohio Poultry Association](#) (OPA) is sharing signature recipes that make a thoughtful Valentine’s Day surprise.

“Instead of buying chocolates or a bouquet of roses this year, make your valentine feel extra special with a homemade treat,” said Jim Chakeres, OPA executive vice president. “These recipes are simple, easy-to-make and boast the nutritional benefits offered by the incredible egg.”

Surprise loved ones with breakfast-in-bed or a sweet treat made with love:

- It’s love at first bite with a decadent Ohio State Fair award-winning [Chocolate Raspberry Cheesecake](#)
- Valentines will be sure to blush when they get [Peppermint Meringue Kisses](#)
- Prepare breakfast-in-bed by using a heart-shaped cookie cutter to make a [Cookie-Cutter Toad-in-the-Hole](#)
- Shape [Easy-Peel Hard-Boiled Eggs](#) into hearts in just four easy steps for a mid-day snack on Valentine’s Day

These recipes make delicious and thoughtful Valentine’s Day gifts that are also packed with nutritional benefits for all Ohioans. One large egg provides 13 essential vitamins and minerals, six grams of high-quality protein and zero sugars or carbs, all for just 70 calories.

Valentine’s Day isn’t the only reason to enjoy eggs this month – February is also American Heart Month. More than [40 years of research](#) supports eggs as part of a heart-healthy diet. Additionally, eggs have been found to contain 14 percent less cholesterol than previously recorded and can be consumed daily without increasing the risk of heart disease.

Ohio is one of the largest egg farming states in the nation, producing about 9 billion eggs each year with a value of nearly \$480 million. Ohio egg farmers and are proud to provide Ohioans with high-quality, wholesome eggs and achieve this by making egg safety and hen care a top priority on their farms.

For more information and additional recipes, visit [www.ohioeggs.com](http://www.ohioeggs.com).

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