



**FOR IMMEDIATE RELEASE:**  
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**KICK-START THE NEW YEAR WITH HELP FROM THE INCREDIBLE EDIBLE EGG**  
*Ohio Egg Experts Offer Recipes to Help Maintain New Year's Resolutions*

**COLUMBUS, Ohio (January 8, 2019)** – The new year is an opportunity for a fresh start in diet, fitness and wellness. The Ohio Poultry Association (OPA) wants to help people achieve their 2019 lifestyle goals with recipes that are delicious, easy to prepare and egg-ceptionally nutritious.

“The new year is one of our favorite times of year because it instills this idea of starting fresh,” said Jim Chakeres, OPA executive vice president. “Our hope is that by sharing these tasty, easy to prepare and better-for-you recipes, consumers have additional support in sticking to their New Year’s resolutions.”

***Nutritious, Simple and Inspirational Recipes for the New Year:***

Take advantage of the versatility of the incredible egg with the recipes below!

- [Sweet Potato "Toast" with Poached Eggs](#): Start the day off right with this twist on toast. Eggs can help provide sustained mental and physical energy throughout the day.
- [Chicken & Asparagus Salad with Poached Egg](#): This protein-packed meal is perfect for a post-workout dinner.
- [Quinoa & Greek Yogurt Deviled Eggs](#): A new twist on a classic delicious snack.

This new year, don't just limit eggs to breakfast! Eggs are not only the perfect addition to almost any dish, they are also a nutritional powerhouse. Everyone knows the incredible egg packs a high-quality protein punch with all nine essential amino acids, but the egg also has 13 essential vitamins and minerals. In fact, eggs are one of the only foods that naturally has vitamin D (1 mcg per large egg), a nutrient critical for building strong bones. Lutein, which is great for brain health, is an antioxidant also found in egg yolks.

Ohio is one of the leading egg-farming states in the U.S., producing more than 9.5 billion eggs each year, with a value of \$411.9 million. Ohio egg farmers make egg safety a top priority and are proud to provide families across the state with high-quality, wholesome eggs.

For more information about egg farming, recipes and the health benefits eggs offer, visit [www.OhioEggs.com](http://www.OhioEggs.com).

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