



FOR IMMEDIATE RELEASE:

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MAY IS NATIONAL EGG MONTH

*Ohio Egg Farmers Educate Consumers on Egg Health Benefits,
Introduce Month-Long Partnership with Food Trucks*

COLUMBUS, Ohio (May 6, 2015) – May is National Egg Month, and Ohio’s egg farmers are marking the occasion by celebrating the significant health benefits of the incredible egg. Ranking second in the nation for egg production, the consumption of eggs is particularly important to the Buckeye state. Ohio produces more than 8 billion eggs each year with a value of more than \$574 million.

“Not only do eggs make a positive impact on the Ohio economy, but they are also good for you,” said Jim Chakeres, executive vice president of the Ohio Poultry Association (OPA). “Eggs are an excellent source of high-quality protein and amino acids, provide 13 essential nutrients, and are only 70 calories – which is why they are often known as one of nature’s most perfect foods.” The 2015 Dietary Guidelines Advisory Committee recently announced recommendations stating that eggs are naturally rich in vitamins and minerals and that dietary cholesterol is no longer a nutrient of concern.

To celebrate National Egg Month, Ohio’s egg farmers for the first time are partnering with Columbus food trucks during a month-long event. The food trucks will introduce new creative menu items using wholesome, nutritious Ohio eggs during weekly challenges to compete for the tastiest and most creative egg-inspired dish while educating consumers on the health benefits of eggs.

Participating food trucks can be located using the [Columbus Mobile Food Vendor Program](#) through the month and on Thursday afternoons at the Columbus Commons Food Truck Food Court. Consumers are encouraged to participate by sharing their favorite egg-inspired item from participating food trucks using the hashtag, #614Eggs.

“During National Egg month – and every month – consumers have every reason to take advantage of the high-protein value and broad nutritional benefit eggs offer,” said Chakeres. “Because eggs are an incredibly versatile protein, they can be enjoyed during every meal of the day.”

Extremely versatile, eggs can be the center of the plate or can pair well with other dishes. One of the most recent food trends identified by the Food Network is to include eggs as a savory topping for toast (see recipe below for Roasted Asparagus, Prosciutto and Egg Toast). Topped-toast is not only an excellent way to lunch, snack or wow your family, but also a perfect solution for teens and 20-somethings who want to eat whatever they want, whenever they want it. It’s creative, it’s delicious and anyone of any age can use their creativity to produce their own custom-made masterpiece.

For more information about egg nutrition or for delicious recipes, visit www.OhioPoultry.org and www.Pinterest.com/OhioPoultryAssn.

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PROSCIUTTO TOAST AND EGG



Prep. Time: 10 minutes

Cook Time: 10 minutes

Makes: 1 serving

Ingredients:

1 thick slice country white bread

1 teaspoon unsalted butter

Cooking spray

1 large egg

2 thin slices prosciutto

Few leaves arugula OR baby lettuce

1 teaspoon shredded Swiss cheese

Directions:

1. **TOAST** bread. **SPREAD** with butter.
2. Meanwhile, **SPRAY** a small skillet with cooking spray. **SCRAMBLE** egg medium heat.
3. **WARM** prosciutto in microwave oven OR skillet.
4. **TOP** bread with arugula and prosciutto. **PLACE** egg on top. **SPRINKLE** with cheese.

HELPFUL HINTS:

- You may substitute mayonnaise for the butter.
- A fried OR poached egg may be prepared in place of the scrambled egg.
- Lean ham, Canadian bacon or crisply cooked regular bacon may be used in place of the prosciutto.
- Garnish plate with green grapes.

TIPS:

- Fresh eggs are best for scrambling, frying or poaching.
- To **SCRAMBLE** an egg, beat egg and 2 tablespoons reduced fat milk until blended. **SPRAY** a small skillet or add 1 teaspoon butter or vegetable oil. **HEAT** skillet on medium heat. **ADD** egg

mixture. As mixture begins to cook, gently **DRAW** an inverted pancake turner completely across bottom and sides of skillet, forming large curds. Continue **COOKING** until eggs are thickened and there is no visible liquid. **DO NOT** stir constantly.

- To **FRY** an egg, spray small skillet with cooking spray OR add 1 teaspoon to 2 tablespoons butter or vegetable oil. **HEAT** skillet on medium-high heat. **SLIP** egg into pan and immediately reduce heat to low. **COOK** slowly until white is completely set and yolk begins to thicken. **BASTE** egg with butter OR turn over to cook both sides.
- To **POACH** an egg, bring 2 to 3-inches of water to boiling in deep skillet or omelet pan. **BREAK** cold egg into a custard cup. **SLIP** egg into water. **COOK** until whites are completely set and yolk begins to thicken but is not hard, about 3 to 5 minutes. **REMOVE** carefully with a slotted spoon.

Nutrition information per serving (1 topped piece of toast): 291 calories; 16g total fat; 7g saturated fat; 1g polyunsaturated fat; 4g monounsaturated fat; 216mg cholesterol; 654mg sodium; 21g carbohydrate; 2g dietary fiber; 15g protein; 721.4 IU Vitamin A; 46.7 IU Vitamin D; 71.5mcg folate; 108.1mg calcium; 2.4mg iron; 149.9mg choline.

This recipe is an **excellent source** of Protein and Choline, and a **good source** of Vitamin A, Vitamin D, Folate, Calcium and Iron.