



FOR IMMEDIATE RELEASE:

Ohio Poultry Association Cracks the Holiday Menu Dilemma

From festive parties to family brunch, the Ohio Poultry Association offers recipes to ease the stress of holiday menu planning

COLUMBUS, Ohio (December 17, 2019) – The holidays are meant for spending quality time with family and friends, but the time and effort invested in planning and preparing a holiday menu can get in the way. The Ohio Poultry Association (OPA) is helping families across the country make the most of the holiday season by offering tasty, time-saving recipes that are sure to delight!

“The holiday season is an important time for all Ohio families, but it can also be one of the busiest,” said Jim Chakeres, OPA executive vice president. “Our goal is to help families spend as much time enjoying the company of loved ones, so we’re sharing recipes, many of which you can prepare ahead of time, and tips that leverage the versatility of eggs to help make the holiday season as memorable as possible.”

Time-saving and Inspirational Recipes for Your Holiday Menu

Take advantage of the versatility of the incredible egg this holiday season. Cut down on prep and planning time, but not on taste!

- [Christmas Tree Meringue Cookies](#): Light and airy cookies with a Christmas flair that make a festive addition to a holiday cookie tray.
- [Cheesy Egg & Turkey Sausage Casserole](#): An easy, make-ahead breakfast recipe prepped in just 15 minutes.
- [Buckeye Eggnog](#): A twist on the holiday classic, this eggnog recipe is perfect for Buckeye lovers.
- [Shrimp Deviled Eggs](#): Make this simple recipe up to 12 hours in advance for a no-stress appetizer.

Eggs are not only a versatile staple for the holidays, they are also a nutritional powerhouse, with one large egg containing six grams of high-quality protein and nine essential amino acids, all for 70 calories.

“No matter how you like your eggs, you can feel good about including them during breakfast, lunch, dinner or anytime in between,” said Chakeres.

Ohio is the second largest egg farming state in the nation, producing about 9 billion eggs each year. 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 tips and recipe ideas, visit <http://ohioeggs.com/>.

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