



**FOR IMMEDIATE RELEASE:**

**OHIO EXPERTS DISH ON FAVORITE KID-FRIENDLY RECIPES FEATURING EGGS IN BACK-TO-SCHOOL  
RECIPE EGGS-CHANGE**

*Easy, family-friendly dinner recipes make school nights stress-free*

**COLUMBUS, Ohio (September 16, 2019)** – With school back in session and families establishing new routines, EGGsperts from some of the nation’s top egg farming states, including the Ohio Egg Marketing Program, and top food bloggers have come together to share easy, kid-friendly dinner recipes to keep weeknights stress-free. *Dish on Eggs* offers 24 simple dinner recipes, starring the incredible egg, that are sure to please even the pickiest eaters. As part of the campaign, consumers can also enter to win a free year’s supply of eggs and download a free e-cookbook at [www.DishOnEggs.com](http://www.DishOnEggs.com).

“Using eggs to make dinner on school nights is a smart choice because of their extreme versatility,” said Jim Chakeres, executive vice president of the Ohio Egg Marketing Program. “Eggs are easy to make and are the perfect addition to dozens of favorite kids’ recipes like the pizza and tacos featured by Dish on Eggs.”

Participating organizations in the back-to-school recipe exchange include: the Ohio Egg Marketing Program (OH), Iowa Egg Council (IA), Pacific Egg and Poultry Association (CA), North Carolina Egg Association (NC), Virginia Egg Council (VA), Chicken & Egg Association of Minnesota (MN), Michigan Allied Poultry Industries (MI), and the Colorado Egg Producers (CO).

A sampling of the featured recipes on DishOnEggs.com includes Ohio’s specific dishes:

- [B.E.L.T. Pizza](#) – A thin pizza crust topped with bacon, eggs, lettuce, tomato and cheese, and served with creamy ranch dressing
- [One-Skillet Mediterranean Poached Eggs](#) – Turkey sausage and cannellini beans coated in marinara sauce and fresh herbs, topped with eggs and cooked in a single skillet

Participating egg experts have also partnered with top food bloggers from their states to develop additional easy, weeknight recipes featuring eggs. These recipes will also be included on the website and in the free, downloadable e-cookbook. Consumers will fall in love with A Cedar Spoon’s Southwest Egg Tacos which features black beans, eggs, cheese and a variety of southwest toppings.

“In addition to being an important part of many family’s favorite dinner recipes, eggs also offer great nutritional benefits,” said Chakeres “One large egg is packed with six grams of high-quality protein and other nutrients to help students stay fueled and focused in school.”

Consumers can access all 24 egg recipes or download the e-cookbook by visiting [www.DishOnEggs.com](http://www.DishOnEggs.com).

***Join the conversation and enter to win FREE eggs for a year!***

On the website, egg lovers can also enter to win a year's supply of eggs. To enter, individuals must submit their contact information, state where they reside, and their favorite dinner-egg dish by September 30 on [www.DishOnEggs.com](http://www.DishOnEggs.com).

In addition, consumers can join the celebration and win egg-cellent prizes during a Twitter party from 9-10 p.m. ET on September 19. During the party, the egg experts will be available to answer questions on egg preparation, cooking tips and egg safety information. Giveaways will also be provided. Join the party on Twitter using #DishOnEggs. For more information about the campaign, visit [www.DishOnEggs.com](http://www.DishOnEggs.com).

Eggs play an important role in Ohio's economy. Ohio is one of the top egg farming states in the nation, producing almost 9 billion eggs each year, valued at about \$480 million. For additional recipes and information about Ohio's egg farmers, visit [www.OhioEggs.com](http://www.OhioEggs.com).

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#### **ABOUT DISH ON EGGS**

Dish on Eggs is a collaborative effort among eight top egg farming states in the nation, including Iowa, Ohio, California, Michigan, Minnesota, North Carolina, Colorado and Virginia. Combined these states produce about 44 billion eggs annually, which is almost half of the total U.S. egg production.

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