



The Profitable Protein

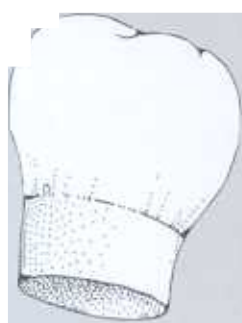
Nature's own miracle food can be your ticket to an increased bottom line! The incredible edible egg™ is an economical food when compared with other sources of protein. The virtues of this versatile and profitable protein are celebrated during May, National Egg Month.

The month of May is a special time to promote eggs. With a special promotional kit supplied by the American Egg Board, you can increase customer awareness of eggs and highlight delicious egg dishes that your patrons will want to try, all while increasing your bottom line. If you are a commercial operation, eggs can be a new source of profits or if you are a non-commercial organization, look to eggs as a way to cut food costs. No matter what your needs, eggs are a low cost way to introduce your customers to new flavors on your menu and May is the perfect time to begin.



When looking to increase your profit margin and add new flavors this May, why not start with a proven "winner"?! The recipe featured here, "Poached Eggs on Polenta with Ratatouille," is the Grand Prize Winner of the American Egg Board Recipe Contest - Student Division. Erick Palacios was a student at Glendale Community College in Los Angeles, CA when he developed this taste-tempting dish. Since winning, Mr. Palacios is now a chef with Whole Foods. The recipe is a colorful and tasty dish that features poached eggs atop polenta rounds surrounded by a ratatouille of zucchini, eggplant, peppers, onions, and tomatoes.

Eggs are a convenient, versatile, high-quality protein and low-cost ingredient that can be menued throughout the day from morning until night. As May approaches, don't miss the opportunity to highlight nature's own miracle food and increase your bottom line. Celebrate May, National Egg Month!



American Egg Board is offering a "National Egg Month" Merchandising kit.

It's a great way to promote all the egg-rich dishes on your menu while increasing your bottom line.

To order your National Egg Month promotional kit, simply fill out the attached coupon and mail to:

American Egg Board
Foodservice Department
1460 Renaissance Drive, Park Ridge, IL 60068
(847) 296-7043
(847) 296-7007 (Fax)

Name: _____ Title: _____

Food Service Operation: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Recipe Corner

Poached Eggs on Polenta with Ratatouille

Yield: 12 Servings

| Ingredients | Weight | Measure |
|---|--------|-----------|
| <i>Polenta*</i> | | |
| Butter, melted | -- | 1/2 cup |
| Cooked polenta, warmed | -- | 5 cups |
| Parmesan or Romano Cheese, freshly grated | 2 oz. | 2/3 cup |
| Parsley, minced | -- | 1/3 cup |
| <i>Ratatouille</i> | | |
| Zucchini | 1 lb. | |
| Eggplant, peeled | 1 lb. | |
| Bell peppers, cored and seeded | 1 lb. | |
| Onions, sliced | 1 lb. | -- |
| Garlic, chopped | -- | 2 Tbsp. |
| Olive Oil | -- | 3 Tbsp. |
| Canned whole tomatoes, drained | 2 lb. | -- |
| Chopped parsley | -- | 1/2 cup |
| Bay leaf | -- | 2 |
| Dried thyme | -- | 1 tsp. |
| Salt and Pepper | -- | To taste |
| Eggs** | -- | 12 large |
| Pinot Grigio or Sauvignon Blanc | -- | As needed |
| Parsley, coarsely chopped | -- | As needed |
| Salt and Pepper | -- | To Taste |

Method

1. Stir butter into polenta.
2. On a clean work surface sprinkled with a little water, spread the polenta to 1/2-inch thick layer. Cool to firm up. Cut polenta into twelve 2-1/2 inch rounds.
3. Heat oven to 375°F. Line a sheet pan with parchment; add polenta rounds. Sprinkle with grated cheese and parsley; bake 10 to 15 minutes. Remove and keep warm.
4. Cut zucchini, eggplant, and bell peppers into large dices. Saute all vegetables except tomatoes in olive oil in large spray-coated pot 3 to 5 minutes, until crisp-tender.
5. Add remaining vegetables and seasonings; break up tomatoes. Reduce heat to low. Cover and cook 15 minutes; uncover and cook additional 15 minutes, until tender. Keep warm.
6. Poach eggs** in simmering water, adding 1/2 cup wine to each quart of water.
7. To serve, portion about 3/4 cup ratatouille on each plate. Top with polenta rounds, poached eggs, and parsley. Season to taste. Serve immediately.

*24 oz. of prepared polenta can be substituted, omitting butter.

** Poached eggs should be cooked until whites are set (completely coagulated and firm) and the yolks begin to thicken (no longer runny but not hard).

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