Commodity Board Recipes Match Fresh Ingredients with Eggs

*Inspired, Flavorful Recipe Collection Available on American Egg Board Site*

Park Ridge, Ill. (Oct. 26, 2016)—Nothing pairs better with fresh produce than fresh eggs, for delicious and inspiring meals and snacks. And now, fresh ideas for meal preparation are one click away. The American Egg Board, with the support of various other commodity boards, collected more than 50 recipes to provide a generous helping of ideas that blend foods from the produce aisle with eggs.

“Studies show American shoppers are spending an increased amount of time on the perimeter of the grocery store in their bid to eat more healthy, nutritious foods,” said Anne L. Alonzo, AEB’s President and CEO. “Eggs supply a variety of vitamins and minerals in addition to high-quality protein that can complement the nutritional profile of fresh produce or supply the protein component to a vegetarian recipe.”

Quiche, crepes and chilaquiles join hash, pudding and pizzas in the new Web section for Commodity Recipes. The recipe collection features eggs prepared with produce, such as avocados, potatoes, mushrooms, onions and even watermelons. Dishes as diverse as Watermelon and Blueberry Cheesecake to a grilled Portabella mushroom breakfast sandwich or Avocado Toast highlight some of the unique combinations.

The recipes were developed by and contributed through the courtesy of Avocados from Mexico, the Idaho Potato Commission, the Mushroom Council, National Onion Association, and National Watermelon Promotion Board. All the recipes are available on a new section of the American Egg Board website, aeb.org/foodservice/recipes/commodity-recipes.

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**About the American Egg Board (AEB)**

Through AEB, U.S. egg producers come together, in accordance with statutory authority, to establish, finance and execute coordinated programs, on research, education and promotion—all geared to drive demand for eggs and egg products. AEB and all program activities are funded by U.S. egg producers, subject to USDA approval. Visit www.aeb.org for more information.


www.eggnutritioncenter.org/content/uploads/2016/09/Large-Egg-NFP.jpg