Meet Anne: American Egg Board’s new CEO and President

Anne L. Alonzo is a recognized leader with previous roles in the public, private and non-profit sectors and significant experience in agriculture, food and sustainability. And now, as the President and CEO of the American Egg Board (AEB), she’s eggstatic to help lead this organization into its next 40 years of success.

Here’s some quick Q&As with Anne:

**How do you like your eggs?** I love my eggs sunny-side up and if possible accompanied with flour tortillas and a little flair! Growing up in a Latino family and community, we ate eggs all the time. I feel like we have an incredible opportunity to reach and engage with diverse communities about the many ways to eat and enjoy this affordable nutritional powerhouse.

**How would you describe the typical egg farmer?** I would say first of all that egg farmers are very entrepreneurial, proud and hardworking. It seems typically they hail from a family with decades of experience producing delicious, nutritious and affordable eggs. This is a 365-day, 24-hour job. Without fail, I find that America’s egg farmers are committed to do what’s right for their hens, the environment and their communities. The recently published sustainability study speaks to the success of some of their efforts.

**What question(s) were you most eggcited to ask the first egg farmer you met?** I was most interested to ask and learn about the hens in general: what’s involved with their daily care? How many eggs are laid per day? And, oh yes, do brown hens produce brown eggs and white hens produce white eggs?!

**How do you personally feel about taking on this important role in the egg industry?** For these egg producers to fund and entrust the promotion, marketing and research of their lovingly produced eggs to AEB is both an honor and a huge responsibility. I’m honored by their trust and will continue to spread the message about the benefits of using REAL eggs at every opportunity.
Recently the federal government released its 2015 Dietary Guidelines for Americans (DGA)\(^1\). This update removes a daily limit on dietary cholesterol and includes eggs in all three of its recommended eating patterns—patterns shown to reduce the risk of major chronic health conditions facing Americans, such as type-2 diabetes, hypertension and heart disease.

The three eating patterns include: the Healthy U.S.-style, the Healthy Mediterranean-style and the Healthy Vegetarian-style. The published guidelines and eating patterns are designed to encourage Americans to adopt a series of science-based recommendations related to their diet.

With the latest update the United States now joins other nations in a consensus opinion on dietary cholesterol by removing this limit. The various governing bodies also share an emphasis on the importance of eating a diverse assortment of nutrient-dense foods, to improve personal health and reduce obesity.

The newest Guidelines urge Americans to focus on variety, nutrient density and amount; to limit calories from added sugars and saturated fats and reduce sodium intake, and to shift to healthier food and beverage choices.

In terms of nutrients, eggs supply varying amounts of 13 essential vitamins and minerals, high-quality protein and the antioxidants lutein and zeaxanthin. Eggs also are one of the few natural foods that deliver a good source of vitamin D, which was identified by the 2015 DGA as a nutrient of concern and necessary to help build strong bones.

Egg ingredients are easy to incorporate in breakfast sandwiches or breakfast bowls to take full advantage of the protein content they offer. Ask us about sample breakfast formulations or check the website at AEB.org/Recipes


In addition to a nutrient-rich profile, eggs as ingredients supply 20-plus functional properties for food formulators. This opens up possibilities for formulators to create new foods that fit within the three recommended healthy eating patterns, while relying on egg ingredients for form, function, flavor.


---

**Egg Ingredient Spotlight:**
**Precooked Egg Products**

The breakfast category continues to increase in momentum, boosting sales at restaurants and convenience stores. However not all of the action on the breakfast front is occurring in classic hospitality industry outlets. Grocery stores have witnessed their share of increased sales for breakfast items, both in the deli and the store’s frozen section and center aisles.

According to Nielsen’s “Tops of 2015: U.S. Grocery” report, the sale of fresh-made, deli-prepared breakfast items was up 15.7 percent last year. However, leading that figure by a wide margin, the sale of shelf-stable convenience breakfast items was up an amazing 40.5 percent¹. Early morning grab-and-go meals are just as likely to emerge from the microwave as a drive through window.

Both sandwiches and breakfast bowls provide consumers with options for a balanced morning meal when time is of the essence. Precooked egg products help make sandwich and bowl assembly a snap when liquid or dried eggs will not do. These products can include hard-boiled eggs, omelets, patties or scrambled eggs.

Preformed patties available as over-easy or in scrambled forms come as round or square to suit different shapes of sandwich style breads, muffins or rolls. Patty sizes range in graduated weights including one-ounce, 1.25, 1.5 or two-ounce sizes. Varieties can include whole egg, scrambled egg or a patty comprised solely of egg white and they can either be grilled or oven baked.

Scrambled eggs, generally quick-frozen and containing additions such as milk, cornstarch or light seasonings, like salt and pepper, are better suited to breakfast bowls, handheld wraps such as breakfast burritos or tacos. Precooked scrambles come in different curd sizes depending on the visual piece identity desired in the end product.

Cooked eggs generally freeze very well, although a small amount of nonfat dry milk and starch can sometimes be added to stabilize the eggs and increase freeze/thaw tolerance. Check with your egg supplier for complete nutrition information and storage recommendations or to ask about customization possibilities for precooked egg product ingredients.

To locate a supplier of precooked egg products, visit [AEB.org/BuyersGuide](http://AEB.org/BuyersGuide)


*Information contained in this Buyers’ Guide was provided by U.S. egg product suppliers and may not be a complete listing.
Q&A Solutions

**Q.** If I create a breakfast bowl with scrambled eggs that are precooked, am I getting pure egg or are there added ingredients?

**A.** There are different ingredients added to egg products for various reasons, however generally these additions comprise less than two percent of the total product formulation. For example, scrambled eggs destined for use in a breakfast bowl might use modified food starch mixed with xanthan gum to prevent water migration from the egg.

**Q.** What are some good pairings to match up with eggs and what sort of ingredient interactions should we expect when creating a breakfast bowl for the frozen food section?

**A.** More than three-quarters of Americans struggle to eat the recommended amount of vegetables and so many types of vegetables pair wonderfully with eggs. Some traditional vegetable varieties that help create a great breakfast SKU could include spinach, mushrooms, zucchini or bell peppers. As a matter of fact, according to Technomic the fastest growing toppings on Limited-Service-Restaurant (LSR) breakfast sandwiches are spinach and mushrooms, up 25 and 17 percent respectively, since 2013. This makes those two vegetables and others smart choices for inclusion with eggs, to appeal to a public looking for healthier breakfast choices. However, vegetables are mostly made up of water and can make a bowl soggy or unappealing. To tackle this issue formulators can use reduced-moisture vegetables prepared with a carefully controlled cooking step to reduce excess water while retaining texture, flavor and nutrients.


**Q.** Are there any other ingredients added to precooked eggs like patties or scrambles and what is their purpose in formulation?

**A.** Some precooked eggs could contain a low percentage of soybean oil to add flavor as a butter alternative. Modified food starch helps maintain the texture of the eggs during the freeze/thaw cycle and stability. Xanthan gum or possibly guar is added to help hold on to moisture, particularly in scrambled egg mixes that are destined to be frozen with other ingredients, such as other proteins, vegetables or grain-based, starchy foods. Other further processors might choose nonfat dry milk solids to help bind water and prevent water migration. A slight amount of citric acid can aid in color preservation, while sometimes processors might choose turmeric or annatto to brighten the yellow shade of scrambled eggs, depending on the level of visibility the egg will have in the final product.

To find a supplier of precooked egg products, visit [AEB.org/BuyersGuide](http://www.aeb.org/newsletters/breakfast-beat/index.php?option=com_content&view=article&id=636)
Egg Product Innovations

**Classic Crème Brûlée Mix**
Williams Sonoma introduces this classic French dessert as an easy-to-prepare mix. Not only is preparation simple so is the ingredient listing, with sugar, tapioca starch, egg yolks and real vanilla bean already included. One 14-ounce package, mixed with heated heavy cream and half-and-half, makes 16 servings of light, premium custard, ready to chill and finish with its signature caramelized sugar crust.

**Potato Omelet with Onion**
Enjoy some Spanish Tapas using this prepared potato omelet as a start. One of many serving suggestions on the package, this omelet from Palacios Foods Inc. could also find a home in a baguette, atop a hamburger or sandwich. There are no preservatives or artificial coloring and the product includes a short list of simple ingredients for a satisfying result—potato, pasteurized liquid egg, onion, olive oil and salt. Prepare in a microwave, frying pan or oven in just minutes.

**Sriracha Aioli**
This shelf-stable mayonnaise, billed as all natural, includes sun-ripened chilies and garlic for a touch of spice. The product is said to be perfect for dipping, topping sandwiches, burgers or chicken. This flavor extends the range of sauces and mayonnaise available from Stonewall Lane, USA. The product starts with canola oil and salted whole eggs, adding flavor elements with red chili, garlic, sugar, vinegar, salt, roasted red peppers and habanero oil.

**Fiery Jalapeño Lime Chicken Sandwiches**
Nestle Hot Pockets Food Truck Fiery Jalapeño Lime Chicken Sandwiches are co-created, the company says, with The Lobos Truck. The company relaunched its Hot Pocket line to focus on better ingredients and to connect with gourmet food trucks. This version features grilled white meat chicken mixed with jalapeños, cilantro, corn and a spicy ginger lime sauce, then wrapped in a crispy crust. The product retails in a 9-ounce recyclable pack containing two microwaveable sandwiches.
Upcoming Events and Educational Opportunities

IFT Annual Meeting & Food Expo
Don’t miss this year’s batch of samples formulated specifically for the show and chat with egg industry expert Shelly McKee, Ph.D., about your questions related to formulating with REAL eggs. Visit our booth #2801 at the 2016 Institute of Food Technologists Annual Meeting and Expo, July 16-19 in Chicago at McCormick Place.

2016 samples include:
• Key Lime Cookie Cups
• Rosemary Olive Oil Pound Cake with Blood Orange and Dark Chocolate Mousse Push Pops
• Dulce de Leche Pudding with Spiced Pepita Crunch

IBIE 2016 and REAL Eggs
Mark your calendars now for October 8-11, 2016 to set aside time for the International Baking Industry Exposition (IBIE) in Las Vegas, Nevada. Baked goods benefit from egg ingredient functionality perhaps more than any other category. Find out about the unique qualities only REAL eggs can supply by visiting the American Egg Board at booth #1332.

Fall 2016 National Egg Products School
Gain a depth of understanding about egg processing and functionality that can lead to better formulating and recipe development by attending the National Egg Products School (NEPS) September 19-22 at Auburn University. Recommended for food scientists, food processors, culinologists and egg industry personnel, NEPS is a biennial four-day, hands-on school. Among other educational sessions that cover the egg from formation through packaging, NEPS includes practical sessions that allow participants to make and compare sample products under the direction of Emily Munday, culinologist/nutritionist with CuliNex, LLC of Seattle. For details and to register for the school, visit aufsi.auburn.edu/neps

About American Egg Board (AEB)
AEB connects America’s egg farmers with those interested about The incredible edible egg™. For more information, visit AEB.org.