



FOR IMMEDIATE RELEASE:

CHICKEN & EGG ASSOCIATION OF MINNESOTA 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

BUFFALO, MINN. (September 18, 2019) – With school back in session and families establishing new routines, EGGsperts from some of the nation’s top egg farming states, including the Chicken & Egg Association of Minnesota (CEAM), 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.

“Using eggs to make dinner on school nights is a smart choice because of their extreme versatility,” said Lara Durben, interim executive director, CEAM. “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.”

According to a study conducted by Russell Research, 80 percent of Americans struggle to think about eggs served in any occasion other than breakfast. Dish on Eggs leverages the Incredible Eggs’ successful ‘[Dinner Egg](#)’ campaign, which disrupts the notion that eggs are only for breakfast and highlights the versatility of one of the most delicious, nutritious and easy to prepare sources of protein available.

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 Minnesota’s specific dishes:

- Tomato and Onion Quiche – Looking for a healthy comfort food option for the family? This tomato and onion quiche is easy and flavorful.
- Egg and Turkey Pasta Salad – This hybrid of egg salad and pasta salad is perfect for family dinners and packed lunches.

Participating egg experts have also partnered with top food bloggers from their state 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 Greens & Chocolate’s *Eggs Benedict Burger* which features a “drippy egg, smoky bacon, grilled hamburger and hollandaise sauce, all sandwiched between a soft English muffin – this [Eggs Benedict Burger](#) is a mouthful!”

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“In addition to being an important part of many family’s favorite dinner recipes, eggs also offer great nutritional benefits,” said Durben. “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.

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.

In addition, consumers can join the celebration and win egg-cellent prizes during a Twitter party from 8-9 p.m. CST 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. For additional recipes and information about Minnesota’s egg farmers, visit <http://www.mnchicken.org/>.

Learn more about where [Dinner Eggs](http://www.DinnerEggs.com) come from and how to enjoy them any night of the week at www.DinnerEggs.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, Indiana, 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.

ABOUT CHICKEN & EGG ASSOCIATION OF MINNESOTA

The Chicken and Egg Association of Minnesota (CEAM) is a nonprofit organization that represents the broiler chicken and egg laying industries in Minnesota. CEAM’s mission is “To unite, represent and promote the broiler and egg industries in Minnesota” and it does this by focusing on lobbying, outreach/education, and education events for its members. Minnesota’s chicken and egg farmers are committed to producing safe, healthy, high-quality and affordable products that are enjoyed by Minnesota families and families across the country.

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