

NATIONAL NUTRITION MONTH

Happy National Nutrition Month! All month long we are celebrating a world of flavors by trying a variety of recipes using the endlessly versatile egg. Eggs are a nutritional powerhouse that can be boiled, scrambled, poached, baked, deviled – the list goes on. Plus, they pair well with other wholesome foods like whole grains and produce in all kinds of global dishes. Try adding an egg to a bowl of ramen noodles, in a taco, or incorporated into a veggie-filled fried rice. The possibilities are truly endless with this high-power, low-maintenance food!

RADIO OR VIDEO SCRIPT



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