

Spicy Sriracha Baked Avocado Eggs

Serves 4

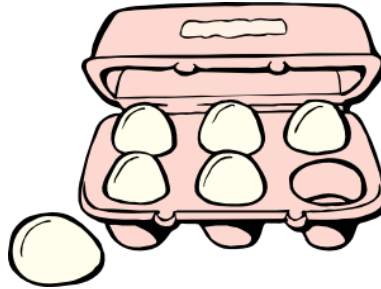
- ♦ 2 firm, ripe Avocados (halved & pitted)
- ♦ 4 EGGS
- ♦ 1/4 tsp. Salt
- ♦ 1/4 tsp. Pepper
- ♦ 1 tbsp. Sriracha Hot Sauce
- ♦ 1 tbsp. fresh Cilantro (finely chopped)

1. Preheat oven to 425°F. Line 8-inch square baking pan with foil. Scoop out some of the pulp from avocado halves, leaving hole big enough to fit an egg (reserve pulp for another use).

2. Place avocado halves in prepared pan to fit snugly in single layer. Fold foil around avocado halves to prevent tipping.

3. Crack egg into each avocado half; season with salt and pepper. Bake for 12 to 15 minutes or until whites are set and eggs are cooked to desired doneness. Let stand for 5 minutes before serving.

4. Drizzle each egg with hot sauce and sprinkle cilantro over top.



For more information about eggs, poultry production, health standards, and delicious recipes, visit these web sites today!

www.incredibleegg.org

The Incredible Egg's website contains many recipes, health and nutrition information, and educational resources provided by the American Egg Board! This website also contains information about the egg industry, retailers, consumer information, and egg news.

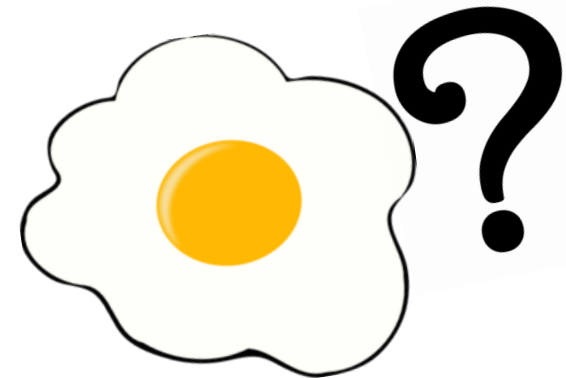
www.eggnutritioncenter.org

The Egg Nutrition Center website provides resources on egg nutrition, egg educational materials, recipes, and the ENC blog!

www.eggsafety.org

The Egg Safety Center's site dedicated to providing consumers with information on egg safety and prevention of food-borne illness.

EGG Q & A



A Consumer's Reference Guide to EGGS!

Information Courtesy of Indiana State Poultry Association

www.inpoultry.com

Indiana State Poultry Association
915 West State Street
West Lafayette, IN 47907
(765) 494-8517
ispa@purdue.edu

How do I know that eggs are a good choice for my diet?

- Eggs are incredibly efficient for delivering nutrients at a low cost (15 cents per egg) and low calorie count.
- A single egg packs 6 grams of protein, antioxidants and 13 vitamins and minerals.
- They're extremely versatile and can be cooked solo or with other foods to create a wide variety of dishes.
- Eggs make a great breakfast, the protein, vitamins and minerals found in eggs will help keep you going all day!

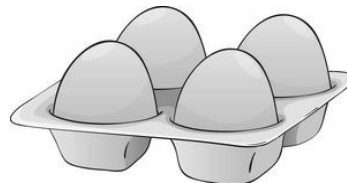
What's the nutritional value of an egg?

Nutrition Facts	
Serving Size 1 egg (50g)	
Servings per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Protein 6g	12%

The nutrition label for 1 egg;
any grade, any color shell!

What is the egg production process like?

- Laying hens are given highly nutritious feed to promote their own health and the health and quality of their eggs.
- In laying facilities, the temperature, humidity and ventilation are all carefully controlled to create a very healthy and sanitary environment.
- Newly laid eggs are quickly collected to refrigerate and clean them. The USDA requires that eggs be washed and sanitized before packaging.
- Eggs are shipped in refrigerated trucks to maintain freshness.
- Biosecurity programs and organizations such as the NPPI (National Poultry Improvement Plan) are committed to keeping poultry and poultry products safe and healthy across the country.
- Many of our egg farmers receive continuing education classes for environmental, nutrition, disease, animal well-being and better



How should I store eggs?

- Keep your eggs in the refrigerator. This slows the aging process of the egg and prevents the growth of disease-causing bacteria.
- Even better than the refrigerator door, leave the eggs in the original carton on a shelf inside the refrigerator itself — this prevents breakage and temperature fluctuations, not to mention that the cartons are designed to keep the eggs safe and sanitary!
- If your grocery re-stocks overlap, rotate your eggs according to the time you bought them — the first ones into the fridge, the first ones out of the fridge!

Are eggs safe to eat?

From the hen to your table, the answer is: yes, they're very safe! Here are some facts:

- The United States does not use added hormones in the production of poultry.
- Eggs are carefully inspected by the FDA to make sure that consumers get high-quality, safe products.
- While many people worry about *Salmonella* bacteria in eggs, the rate of possible contamination is extremely low — not to mention that disease-causing bacteria growth in eggs can be easily prevented by refrigeration and eliminated entirely by cooking.