



## Celebrate National Egg Month

**(Urbandale, Iowa)** With the month of May right around the corner, it's not too soon to start thinking about getting ready for some of the big May holidays, like Cinco de Mayo (May 5), Mother's Day (May 14) and Memorial Day (May 29.) And May is also National Egg Month so why not celebrate with some new recipes from the American Egg Board that are sure to wow Mom, your family and friends.

Spice up your Cinco de Mayo celebration. If you love eggs and avocados and a little spice you will really like Spicy Sriracha Avocado Baked Eggs. Take 2 firm, ripe avocados, halved and pitted and hollow out some of the pulp in the middle leaving a hole large enough to fit an egg. (Reserve pulp for another use.) Place avocados halves on a sheet pan covered in foil, use some extra foil to bunch up and keep the avocado halved from tipping. Crack on egg into each avocado half; season with salt and pepper. Bake for 12-15 minutes or until whites are set and eggs are cooked to desired doneness. Let stand for 5 minutes. Before serving drizzle each egg with hot sauce and sprinkle with cilantro.

Kids will have a great time making a special brunch for Mom on Mother's Day by making easy Mini Italian Breakfast Casseroles. Just whisk 4 eggs, 3 tablespoons of milk a tablespoon of Parmesan cheese and a dash of pepper until blended. Add 1 cup of chopped baby spinach and stir. Line four greased 10 ounce ramekins with a thin slice of ham or prosciutto (about 1 ounce each) and pour  $\frac{1}{4}$  of the egg mixture in each ramekin. Bake on center rack of oven at 350 degrees for minutes or until custard is set. Remove from oven and sprinkle with a little cheese. Mom is sure to be thrilled with such a delicious and impressive dish.

Memorial Day parties are not complete without deviled eggs. This year, why not try a Mexican twist and make Avocado Ranch Deviled Eggs. Hard boil a dozen eggs, let cool. Slice in half and remove yolks and place in separate bowl. Then add 2 avocados, pitted, peeled and mashed, 3 tablespoons of Ranch dressing and 2 tablespoons of lime juice, 1 tablespoon of chopped green onion and 1  $\frac{1}{2}$  teaspoons of garlic salt. Mix until well blended and divide into egg white halves. Sprinkle with  $\frac{1}{4}$  cup of crisp cooked

bacon and some extra chopped green onions and serve. The avocado and lime give a totally a new taste to a party favorite.

The American Egg Board has recipes that can help you plan not only breakfast, but lunch, dinner, dessert and snack time. So it's a great time to try some new food ideas and add some variety to your weekly menus. **For more recipes go to [IncredibleEgg.org](http://IncredibleEgg.org)**

