



IOWA EGG COUNCIL

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FOR IMMEDIATE RELEASE

Don't miss this EGG-ceptional Cooking Contest!

URBANDALE, IOWA (June 16, 2016) – Do you like to cook? Bake? Then the Iowa Egg Council has the contest for YOU! The Egg-ceptional Eggs Cooking Contest will be held Friday, August 19 at the Iowa State Fair.

All you need to do is enter your original recipe in one or more of the following classes: deviled eggs; quiches, stratas & casseroles; sandwiches, salads, or sides; or desserts. Recipes must include four whole eggs (none of them may be raw) and contain 12 ingredients or less. Entries will be judged on flavor, appearance/presentation, texture and ease of preparation.

Judging will begin at 11:30 AM at the Elwell Family Food Center. All winners receive a shopping tote with cooking tools and recipes, along with cash prizes, including \$300 for first place overall, \$200 for second place overall and \$100 for third place overall.

For more contest details, visit the [Iowa Egg Council](http://www.iowaegg.org) or contact the Iowa Egg Council at 515.727.4701 ext. 110.

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