



Iowa Egg Council

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For Immediate Release

“Football parties and EGGS go great together”

URBANDALE, IOWA (FEBRUARY 1, 2016) – As football winds down with the big game, the Iowa Egg Council is particularly focused on one aspect of the game – the food!

Here are two great ways to incorporate eggs this weekend! Carolina style **Banana Cream Pie Bread Pudding** and the **Denver Omelet Roll!**

For more EGG-ceptional recipes visit www.iowaegg.org

Banana Cream Pie Bread Pudding

4 whole eggs
1 $\frac{3}{4}$ cup sugar, divided
5 $\frac{3}{4}$ cup milk, divided
1 teaspoon cinnamon
3 tablespoons butter, divided
 $\frac{1}{4}$ cup cornstarch
4 egg whites
 $\frac{1}{4}$ teaspoon cream of tartar

Prepare banana bread. Grease a 2-quart rectangular baking dish. Cube bread; place in dish. Whisk together whole eggs, $\frac{1}{2}$ cup sugar, 2 $\frac{3}{4}$ cup milk and cinnamon. Pour mixture over bread

cubes. Dot with 2 tablespoons butter. Cover; let stand 30 minutes. Preheat oven to 350 degrees. Bake, uncovered, for 1 hour or until set in center.

In a saucepan combine $\frac{3}{4}$ cup sugar and cornstarch. Stir in 3 cups milk. Cook and stir until thickened and bubbly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Slightly beat egg yolks. Gradually stir 1 cup filling into yolks. Add yolk mixture in saucepan. Bring to a boil, stirring constantly; reduce heat. Cook and stir 2 minutes more. Remove from heat. Stir in 1 tablespoon butter and 1 teaspoon vanilla. Spread half of filling over bread pudding. Arrange bananas on top of filling. Top with remaining filling.

For meringue, in a mixing bowl combine egg whites, 1 $\frac{1}{2}$ teaspoons vanilla and cream of tartar. Beat on medium speed until soft peaks form (tips curl). Add remaining $\frac{1}{2}$ cup sugar, 1 tablespoon at a time, beating on high speed until mixture forms stiff, glossy peaks (tips stand straight). Spread meringue over hot filling, sealing edges. Bake for 15 minutes. Cool for 60 minutes.

Banana Bread: Preheat oven to 350 degrees. Grease bottom of a 9x5x3-inch loaf pan. Set aside. Beat $\frac{1}{2}$ cup butter and $\frac{3}{4}$ cup sugar. Add 2 large whole eggs, 2 bananas and 1 teaspoon vanilla. Combine well. Add 2 cups all-purpose flour, 1 teaspoon baking powder and 1 teaspoon cinnamon. Mix until blended. Spoon batter into prepared pan. Bake for 55 to 60 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in pan for 10 minutes. Remove from pan; cool completely.



Denver Omelet Roll

4 oz. cream cheese
 $\frac{3}{4}$ cup milk
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
12 eggs
2 tablespoons oil
1 green pepper, finely diced

1 medium onion, finely diced
2 tablespoons mustard
2 ½ cups cheddar cheese, shredded
2 cups ham, cubed
1 medium tomato, diced

Preheat oven to 375 degrees. Line bottom and sides of jelly roll pan with parchment paper. Grease paper and set aside. In a small mixing bowl, beat cream cheese and milk with an electric hand mixer until smooth. Add flour and salt, mix until combined. In a large bowl, beat eggs until well-mixed. Add cream cheese mixture. Set aside.

In a large skillet, sauté peppers and onion in oil until translucent, approximately 8-10 minutes. Combine vegetables with the egg mixture. Spread on the prepared jelly roll pan. Bake for 30-35 minutes, or until eggs are puffed and set. Remove from oven.

Immediately spread with mustard and sprinkle with 1 cup of the cheese. Top with ham and finish with an additional cup of cheese. Roll up from short side, peeling the parchment paper away while rolling. Sprinkle top with the remaining cheese. Bake an additional 3-4 minutes or until cheese is melted. Cut into 1 – 1 ½ inch thick rolls, sprinkle tomato on top.



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