

TOASTING NATIONAL EGG MONTH

Topped-toast raises the bar on creativity and deliciousness

Urbandale, Iowa (April 21, 2015) – Spring may have begun on March 20th, but May is the month when gardens are blooming, birds are singing and trees are bright with fresh greenery. May is the time when we can see and feel the world is alive with a new vigor and hope, lifting our spirits up along with it.

So it's no accident that May is also National Egg Month. The egg has been an icon of spring for millennia, incorporated into the earliest belief systems from Rome to Persia as a sign of new life. And although it may be symbolic to some, it also signals deliciousness to people from every corner of the Earth.

The egg is an incredibly versatile food. It can be scrambled, fried, poached, baked or cooked in the shell. It can be hard or over easy, each with its own personality and wonderful either way. It can be an appetizer, main dish, side dish, dressing, salad, garnish or snack, and makes a great topping for burgers, sandwiches and pizzas.

Eggs can also be part of a savory topping for a hot trend recently identified by the Food Network: toast. If you're wondering what's so trendy about toast, just think about the popularity of paninis at places like Panera Bread or Corner Bakery. Gourmet grilled cheese is also popping up on menus across the country, and entire chains like Tom+Chee are based on the sandwich. What do these items have in common? Toast.

But don't fret if you find yourself without a panini press. The inspired new idea is to do it open-faced, using anything savory, spicy or sweet that sounds good to you. The Food Network came up with fifty different toppings for toast, stretching from Middle Eastern Egg Salad made with harissa and mint, to Lemon Raspberry including lemon curd, fresh raspberries and chopped hazelnuts. In between were ones topped with Pickled Beet, Egg and Havarti; Olive Hummus with Chopped Egg and Peppers; and Bacon, Egg, Chive and Blue Cheese.

Topped-toast is not only a lovely way to lunch, snack or wow your family, but also a perfect solution for teens and 20-somethings who want to eat whatever they want, whenever they want it. It's creative, it's delicious and anyone of any age can use their creativity to produce their own custom-made masterpiece.

Flavors of the Mediterranean are elegantly combined to create the **Roasted Asparagus, Prosciutto and Egg Toast**. The salty prosciutto combined with asparagus is a favorite springtime Italian treat. Parmesan brings a touch of piquancy, while the soft-cooked egg contributes creamy texture – all in all, a true symphony of subtle Italian flavors.

For more quick-and-easy egg recipes and tips to use the rich and creamy goodness of eggs in your family's meals and snacks, visit www.iowaegg.org or www.facebook.com/theiowaeggcouncil

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