

# Cooking Contest Corner



## Eggland's Best Launches 'America's Best Recipe' Contest

(NAPSA)— Eggland's Best (EB) is looking for the best original egg recipe with the launch of its 2016 "America's Best Recipe" Contest. For the first time ever, Eggland's Best is encouraging fans to submit recipes featuring EB eggs combined with their favorite state-inspired ingredients.

### The Contest

Whether your Eggs Benedict gets a boost from Louisiana crawfish or a perfect Georgia peach makes your Peach Custard Pie even better, you have until April 29 to submit your favorite recipes on the EB website ([www.egglandsbest.com/americasbestrecipe](http://www.egglandsbest.com/americasbestrecipe)) for the chance to win \$10,000. With four meal categories to choose from, and countless local fruits, meats and vegetables across the country, the opportunities are endless!

Recipes will be judged on criteria such as taste, creativity, and the inspiration behind the local recipe ingredients. After state winners are selected, Eggland's Best will call on all Americans to help narrow down the "Best in State" recipes to five "Best in Region" winners.

The "Best in Region" recipes will be revealed on the Eggland's Best website, where EB fans will have the chance to vote for America's Best Recipe! The Grand Prize winner will be awarded \$10,000 and a year's supply of Eggland's Best eggs, and "Best in Region" winners will receive \$1,000 each. State winners will also receive prizes from Eggland's Best.

### The Nutritionist's Opinion

"We always try to find ways to mix my favorite local foods with Eggland's Best eggs as they have more nutrients than ordinary eggs with four times the vitamin D, 10 times the vitamin E and 25 percent less saturated fat," said registered dietitians Lyssie Lakatos and Tammy Lakatos Shames ("The Nutrition Twins"). "We are excited to see how egg lovers from



**Which state ingredient do you like to pair with EB eggs? Enter your original egg dish for the chance to win \$10,000.**

each state do the same with their state ingredients!"

### A Sample

For recipe inspiration, New York City residents Lyssie Lakatos and Tammy Lakatos Shames created a "Big Apple Egg Bake."

### Big Apple Egg Bake

*Makes 7 servings*

### Ingredients:

- 4 Eggland's Best eggs (We use Eggland's Best because they have 25% less saturated fat than other eggs)
- 2½ large apples (use a sweeter variety like Fuji or Red Delicious)
- 2 ounces turkey bacon
- 1 teaspoon olive oil
- 1 yellow onion, thinly sliced
- 1½ teaspoons fresh rosemary, chopped (or ½ teaspoon dried)
- 1½ teaspoons fresh thyme, chopped (or ½ teaspoon dried)
- 1½ cups liquid egg whites
- ¼ cup 2% fat plain Greek yogurt

- 5 ounces low-fat cheddar cheese, grated
- 4 ounces fat-free feta cheese, crumbled
- Freshly ground pepper
- Oil in a spray container

### Directions:

Preheat oven to 375 degrees F. Core and thinly slice two of the apples. Repeat for the remaining half apple, but set it aside to layer on top.

In a large nonstick pan over medium heat, cook the turkey bacon until slightly crisp. Transfer the turkey bacon to a cutting board and roughly chop. Place on a small plate and set aside.

In the same pan, add the olive oil and turn the heat to medium. Add the onion and apple. Sauté for 10 minutes or until the ingredients are soft and translucent.

Stir in the rosemary and thyme. Turn off the heat and allow the mixture to cool to room temperature.

In a large mixing bowl, whisk together the Eggland's Best eggs, egg whites and Greek yogurt. Add the cheeses, turkey bacon and apple/onion mixture. Season with pepper and mix well.

Spritz a casserole dish with oil from spray container and pour in egg mixture. Place in the oven and cook for about 30–35 minutes or until the center is set. About 20 minutes into the cooking time, take out the casserole and arrange the remaining apple slices on top. Place the dish back in the oven and continue to bake for the remaining time. Allow the casserole to cool for 10–15 minutes before serving. Enjoy!

For official contest rules and to submit your original recipes, visit [www.egglandsbest.com/americasbestrecipe](http://www.egglandsbest.com/americasbestrecipe).