

Spring into National Egg Month with Vitamin D

With 64 Percent More Vitamin D, Eggs are a Natural Way to get this Important Sunshine Vitamin this Spring

Hardinsburg, Kentucky (April 12, 2013) – May is National Egg Month, and there is a lot to celebrate about this incredible source of nutrition.

As the weather heats up and outside activities pick up, Americans can increase their intake of the sunshine vitamin even more by eating all-natural foods, like eggs, which are one of the few foods that naturally contain vitamin D. In fact, the USDA recently reviewed egg nutrient data and results showed that one large egg contains 41 IU of vitamin D, 64 percent higher than before.

“Vitamin D is a nutrient that should not be overlooked,” says Neva Cochran, MS, RD, LD. “In addition to working with calcium to help form and maintain strong, healthy bones, vitamin D works with calcium to prevent the development of osteoporosis in older adults. At 15 cents apiece, eggs are an easy, all-natural and inexpensive way to boost your vitamin D intake. Other good sources of vitamin D include fortified milk and fish, such as salmon and tilapia.”

Furthermore, eggs are an easy and versatile way to get that high-quality protein. One large egg also has varying amounts of 13 essential vitamins and minerals all for 70 calories! Regardless of how you prefer your eggs — hard-boiled, scrambled, poached or others — this month is the perfect time to brush up on your egg cooking skills. Visit the [Incredible Egg's Cooking School](#) for step-by-step directions and pictures.

Looking for another way to celebrate National Egg Month? Join America's egg farmers in fighting childhood hunger through the Good Egg Project. Visit [IncredibleEgg.org/Good-Egg-Project](#) to make a pledge to help fight childhood hunger. For every pledge, America's egg farmers will donate one egg to Feeding America. Since 2009, America's egg farmers have donated more than 38 million eggs to help feed the hungry.

Get more egg recipes and nutrition information by “Liking” the Incredible Edible Egg on [Facebook](#), following [@IncredibleEggs](#) on Twitter, or visiting the [Pinterest](#) page.

Incredible Easy Egg Recipes

In addition to being great for festivities, eggs are affordable, contain high-quality protein and are a naturally good source of vitamin D, making them an ideal dish to serve this spring. Try these delicious and easy recipes:

Eggs and Proscuitto Muffins

May includes both Mother's Day and National Egg Month, so why not make the women in your life feel egg-stra special with these easy-to-make breakfast muffins. You can substitute one, 4-oz. jar of diced pimiento, drained, for the tomatoes. Freeze-dried chives also work well in place of fresh. This recipe is an *excellent* source of protein, Vitamin D, choline and calcium and a *good* source of Vitamin A, folate and iron.

Eggs Italiano

Love Eggs Benedict, but want a lighter dish? Eggs Italiano offers an incredible meatless option that includes fresh veggies in a light sauce, ideal for any time of day. This recipe is an *excellent* source of protein, fiber, Vitamin A, Vitamin D, folate, choline, calcium and iron.

Need a reminder on how to poach eggs? HEAT 2 to 3 inches of water to boiling in a saucepan or skillet. REDUCE heat to keep liquid simmering. BREAK cold eggs, one at a time, into custard cup and gently slip into liquid. COOK 3 to 5 minutes, or until white is completely set and yolk begins to thicken, but is not hard. Carefully REMOVE egg using a slotted spoon.

Zucchini Soufflé

Who says soufflés are only for dessert? This approach combined zucchini with the airiness of this beloved approach. Use ramekins or custard cups. For a "top hat" appearance, hold spoon upright and circle the egg mixture to make a ring about 1-inch from side of dish and 1-inch deep. Then bake as recipe directs.

This recipe is an *excellent* source of protein and calcium, and a *good* source of Vitamin A, folate and choline.