

Ohio Eggs and Turkey:

The Perfect Ingredients of Every Holiday Meal



Moms know it's no surprise that more eggs are marketed during the holidays than any other time of the year—including Easter. Ohio eggs are an essential ingredient of all favorite family recipes from brunch dishes to dessert. And, eggs are now 14% lower in cholesterol.

Ohio turkey is the main attraction at holiday meals, and everyone enjoys the leftovers as much as the feast itself—prepared in sandwiches, chili and salads. Lean and delicious, turkey is an excellent choice for holiday dinners and all year long.



For nutritious egg and turkey recipes, visit www.ohiopoultry.org.



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