

Pointers For Parents

Breakfast For Dinner Can Be A Delicious Start To Making Memorable Meals

(NAPSA)—Rather than making another boring meal of turkey potpie or chicken surprise or ordering an unhealthy calorie-filled pizza, why not consider having breakfast for dinner?

Breakfast foods are easy to prepare and help provide the much-needed nutritional benefits your family needs. Eggs are already a popular breakfast ingredient, and using better-tasting, healthier eggs, such as Eggland's Best (EB), can spruce up your dinner menu and help gather everyone around the table.

Compared to an ordinary egg, EB eggs contain 25 percent less saturated fat, 200 mcg of lutein, provide 10 times more vitamin E, 180 mg of cholesterol (compared to 215 mg in ordinary eggs), plus 40 percent of a person's daily requirement of iodine, and are an ideal way to include omega-3 in one's diet.

Stamped with a distinctive "EB" mark, the award-winning eggs have received the Best Tasting Egg Award from the American Culinary ChefsBest, the "Men's Health" Top Pick as the Best Eggs, the Crystal Egg Award from the International Egg Commission and the National Health & Wellness Club Stamp of Approval. EB eggs are also available in cage-free and organic, and all varieties are certified as kosher.

The hens that lay these eggs are fed a strictly controlled,



Breakfast for dinner can be a great way to have something different—that's easy to prepare—for a family weeknight meal.

high-quality, all-natural, all-vegetarian diet without added hormones, antibiotics or steroids of any kind.

Why not offer your family their favorite breakfast foods for dinner tonight with a fun, easy recipe from Mr. Food, successful cookbook author and TV news show personality:

Tortilla Roll-Ups *4 servings*

- 1 dozen Eggland's Best eggs, beaten**
- 3 tablespoons vegetable oil**
- 2 cups (8 ounces) shredded Monterey Jack cheese, divided**
- Eight 6-inch flour tortillas**
- 1 cup salsa**

1. Preheat the oven to 375°F.
2. In a large skillet, heat the oil over medium-high heat. Add the EB eggs and stir for 3 to 4 minutes, or until the eggs begin to set.

3. Add 1 cup cheese and continue to stir for 1 minute, or until the eggs are softly set.

4. Divide the eggs equally down the center of each tortilla and fold the sides over the eggs.

5. Place the tortillas in a 9" x 13" baking dish. Pour the salsa over the center of the tortillas and sprinkle the remaining 1 cup cheese over the salsa.

6. Bake for 5 minutes, or until the tortillas are heated through and the cheese is melted.

GARNISHING TIP: Add extra color and zip by topping these with sliced jalapeño peppers and/or sliced black olives.

For a free Mr. Food Cookbook, featuring Eggland's Best recipes and a 50 cent next-purchase coupon good on any variety of Eggland's Best Eggs, please send your request to Eggland's Best, 860 1st Ave, Ste 842, King of Prussia, PA 19406, along with \$1.00 for postage and handling. Please allow 4 to 6 weeks for delivery.

For more information, visit www.eggland.com.