

# Easy-Going Eggs

They are the foundation of many easy-to-prepare dishes, packed with protein and vitamins A, D, and B12.

## SNACK SUPPLY

Keep a fresh supply of hard-boiled eggs in the fridge for a quick and satisfying snack.

## TOP IT OFF

Add an over-easy cooked egg to your favorite grain and veggie bowl.

## BREAKFAST ANYTIME

Make a veggie omelet, frittata, or scramble for any meal of the day.

