

Frequently Asked Questions

Q. Aren't all eggs the same?
A. No, by using special vegetarian feed and hens at the peak of their egg-laying cycle, an egg can be made to be more delicious and nutritious.

Q. What does All-Natural Eggs mean?
A. All-Natural Eggs are produced by hens fed a premium vegetarian whole grain diet consisting of primarily whole ground corn and soybean meal. There are no antibiotics added to the feed ration. No animal fats or by-products are added to boost energy intake, which is typical and more cost effective in the production of ordinary supermarket eggs.

Q. What is the reason for the USDA Shield on the packaging?
A. There are many eggs packaged that carry a "Grade A" or "Grade AA" statement, but the USDA shield is additional confirmation to consumers of strict quality standards. Although not required, in-house USDA inspectors provide an independent audit of shell egg quality as part of the full-time quality assurance program.

Q. Are LAND O LAKES™ Eggs Kosher?
A. Yes, all LAND O LAKES™ Eggs have been certified as Kosher by the Orthodox Union, and all farms where LAND O LAKES™ Eggs are produced have been inspected and approved by the Orthodox Union.

Q. How do I hard cook eggs?
A. To hard-cook eggs, place eggs in a single layer in a saucepan. Add enough water to come to at least one inch above eggs. Cover. Quickly bring just to a boil. Turn off heat. Remove pan from burner to prevent further boiling. Let egg stand, covered, in hot water for about 15 minutes for large eggs (18 minutes for extra large). Immediately run cold water over the eggs or place them in ice water until completely cooled.

Green Chile Deviled Eggs RECIPE



Serve deviled eggs with a south-of-the-border flavor!

PREPARATION TIME: 20 min.

YIELD: 24 appetizers

- 12 hard-cooked LAND O LAKES™ All Natural Farm Fresh Eggs, peeled
- 2/3 cup sour cream
- 2 tablespoons Dijon-style mustard
- 1 (4-ounce) can chopped green chiles, drained

- 1** Slice eggs in half lengthwise; remove egg yolks. Set egg white halves aside.
- 2** Mash egg yolks in medium bowl. Stir in all remaining ingredients; mix well.
- 3** Spoon about 1 rounded tablespoon egg yolk mixture into each egg white half. Cover; refrigerate at least 1 hour.
- 4** Garnish with cilantro sprigs and paprika.

NUTRITION FACTS (1 APPETIZER): Calories: 50, Fat: 4g, Cholesterol: 110mg, Sodium: 85mg, Carbohydrates: 1g, Dietary Fiber: 0g, Protein: 3g

Recipe and photo courtesy of Land O'Lakes, Inc.

Questions, comments or
where to buy LAND O LAKES™ Eggs?
Please call Consumer Affairs toll-free at
1-800-328-4155
or
for more recipes and nutrition information
visit landolakes.com

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Where simple goodness begins.™



ALL-NATURAL EGGS
with EXCEPTIONAL TASTE...



Exactly what you'd expect from
Land O'Lakes



● ALL-NATURAL BROWN EGGS



● ALL-NATURAL WHITE EGGS



● CAGE FREE ALL-NATURAL EGGS



● OMEGA 3 ALL-NATURAL EGGS



● ORGANIC ALL-NATURAL EGGS



OU Kosher Certified.



Eggs are laid by hens fed a premium, whole grain diet.



Vegetarian feed contains no animal fat, animal by-products or antibiotics. The proprietary feed our hens consume results in a darker yolk that is great tasting.



Our hens' whole grain feed is enriched with Omega 3 fatty acids. Each egg contains 350 mg of Omega 3 fatty acids - 10 times the amount found in regular eggs.



Eggs are laid by cage-free hens housed in a protected area where they are free to roam, perch, scratch, and nest.



Cage-free hens have outdoor access and are fed a specially-formulated 100% USDA certified organic diet. Organic feed contains no animal fat, animal by-products, preservatives, pesticides, or antibiotics. Every package is certified as USDA organic.

Potato, Ham & Cheese Bake

RECIPE



Hash browns form a hearty crust for this easy brunch dish.

PREPARATION TIME: 10 min. **BAKING TIME:** 45 min.
SERVINGS: 6

- 2 cups frozen shredded hash brown potatoes, thawed
- 1 cup Half & Half
- 4 LAND O LAKES™ All Natural Farm Fresh Eggs
- 1/4 teaspoon pepper
- 1 cup cubed cooked ham
- 1/4 cup sliced green onions
- 1/4 cup chopped red bell pepper
- 4 ounces (1 cup) LAND O LAKES® Cheddar Cheese, shredded*

- 1 Heat oven to 375°F. Press potatoes onto bottom and up sides of greased 9-inch pie plate. Bake for 10 minutes.
- 2 Combine half & half, eggs and pepper in medium bowl; beat until well mixed. Stir in ham, 2 tablespoons green onions and 2 tablespoons bell pepper. Sprinkle half of the cheese over the potatoes. Pour egg mixture over the cheese.
- 3 Bake for 35 to 40 minutes or until knife inserted in center comes out clean. Top with remaining cheese, green onions and bell pepper. Let stand 10 minutes before serving.

*Substitute 4 (3/4-ounce) slices LAND O LAKES® Deli American Cheese, cut in half diagonally.

NUTRITION FACTS (1 SERVING): Calories: 290, Fat: 19g, Cholesterol: 190mg, Sodium: 480 mg, Carbohydrate: 15g, Dietary Fiber: 1g, Protein: 17g

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