

# FOOD FORUM \*

Dorothy Johnson

## A Better Breakfast Makes A Better Day

Are you one of the morning people? If so, you probably like to get up early and have a headstart on the day's work.

For morning people, also good for school children, here are a trio of breakfast recipes. They have one thing in common; each is made with a cooked cereal to satisfy appetites and provide energy.

Even if you're not a "morning person," the nourishment and goodness offered by these recipes - - at relatively low cost - - will encourage you to try them. And breakfast dishes such as these might very well turn the rest of your family into "Morning People!"

### BAKED GRITS AND EGGS

- 1 cup enriched white hominy quick grits
- 4 cups water
- 1 tsp. salt
- 1 cup grated cheddar cheese
- 3 tbsp. butter or margarine
- 6 eggs
- 6 tbsp. milk

Heat oven to moderate (350 degrees F.) Slowly stir grits into boiling salted water. Return to boil, stirring constantly. Reduce heat. Cook 2-1/2 to 5 minutes, stirring occasionally. Remove from heat; stir in cheese and butter until melted. Pour grits mixture into ungreased shallow baking dish. Crack each egg and place on top grits, spacing about 2 inches apart. Pour milk over grits and sprinkle with pepper. Bake uncovered in preheated oven 15 to 20 minutes or until eggs are done. Before serving, sprinkle cooked drained crumbled bacon over eggs.

### FRIED OATMEAL SLICES

- 4 cups water
- 1 tsp. cinnamon
- 2 tbsp. firmly packed brown sugar
- 1 tsp. salt
- 2 cups quick or old fashioned oats, uncooked
- 1 cup finely chopped apples
- 1/2 cup chopped prunes

In a large saucepan, over high heat, combine water, cinnamon, sugar and salt; bring to a boil and cook quick oats 1 minute (cook old fashioned oats 5 minutes or longer). Remove from heat; cover sauce pan and let stand 5 minutes. Stir in apples and prunes. Pour into baking loaf pan that has been rinsed in cold water. Cool thoroughly. Cover loosely with waxed paper and chill several hours or overnight. Cut chilled oatmeal into slices. Fry each slice on buttered griddle or in buttered fry pan until golden brown, about 10 minutes per side. Serve hot with warm maple blended syrup.

### BREAKFAST CORN MEAL PUDDING

- 1/2 cup honey
- 1 tsp. salt
- 1/4 cup butter or margarine
- 4 cups milk
- 1 cup enriched corn meal
- 3 eggs, beaten
- 1/2 cup raisins

Combine all ingredients in a large saucepan. Cook over medium heat, stirring constantly until slightly thickened. Reduce heat. Cover and cook over low heat, stirring occasionally, 3 to 5 minutes or until thickened. Serve warm with milk or cream.

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Approximately 150 one-year Max C. Fleischmann Scholarships for college study are available for Nevada high school seniors graduating in the spring of 1973 or who have graduated at mid-year during the 1972-1973 school year. Each scholarship is for \$1,000 for the 1973-74 school year, and every high school in the state is allotted at least one.

All high schools in the state are now accepting applications for the Fleischmann Scholarships and seniors should be aware of the selection criteria. There are four areas to be considered. One, ability to do college work. Applicants are required to attain a score in the Scholastic Aptitude Test or the American College Test, which indicates ability to do collegework. Two, high school grades. Because students are competing for scholarships only against other students in the same school and under the same grading system, high school grades during the senior year are considered a valid selection criterion. Three, personal qualities. The Faculty Scholarship Committee, with the aid of the Student Consultants, will consider each applicant's personal qualities such as conscientiousness, responsibility, honesty and desire for college study. Four, financial need. The financial need of the applicant shall be considered equal to the other factors mentioned, but not a requisite for scholarship.

To be eligible for consideration, a student must be a resident of the State of Nevada, and be attending a Nevada high school with graduating senior status, or have been graduated from a Nevada high school at mid-year during the current school year.

Superintendent of Public Instruction, Kenneth H. Hansen, pointed out that applications must be

submitted to the Faculty Scholarship Committee of his or her high school not later than April 2, 1973.

The 1973 scholarship program, formulated and financed by the Fleischmann Foundation, is administered by the Nevada Department of Education.

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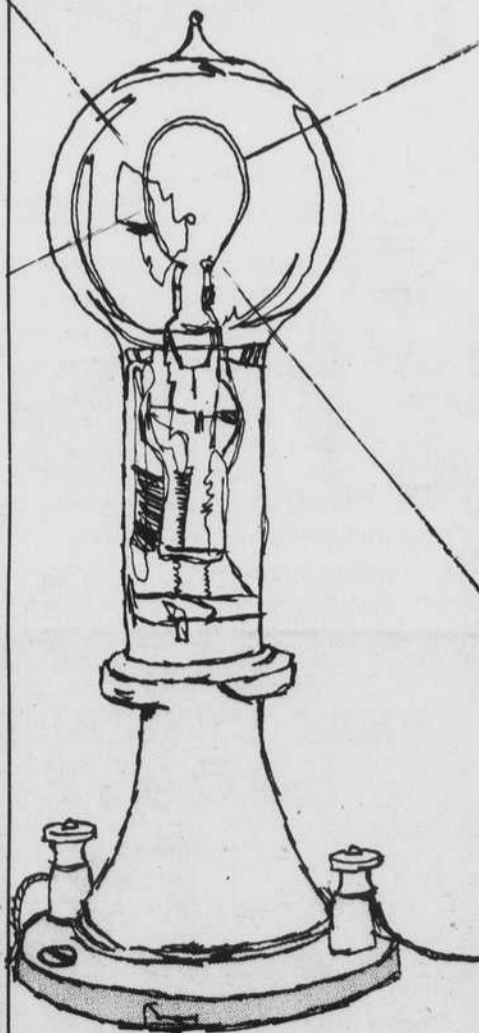
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