

FOOD FORUM *

Dorothy Johnson

A Round Up Of Cheese And Egg Menus

Cheese and eggs are both high protein foods, and are marvelous meat substitutes especially since the high rise of meat. They go well with most vegetables, fish, fowl, rice and pasta. Cheese is a boon for the budget because no other single food comes in so many varieties.

ITALIAN EGGS

- 1 medium size onion chopped (1/2 cup)
- 1 small green pepper, chopped
- 4 tbsp butter (1/2 stick) or margarine
- 8 eggs, slightly beaten
- 3/4 cup milk
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 lb. mozzarella cheese, cubed
- 1 tomato, cut in thin slices

Saute onion and green pepper in butter or margarine until soft in large frying pan; remove from heat to cool slightly; mix eggs, milk, salt and pepper in small bowl, then stir into frying pan. Cook stirring often, with spatula, from bottom of pan 10 to 12 minutes, or until creamy soft. Remove pan from heat, fold in mozzarella cheese and tomato wedges.

EGG AND MUSHROOM SCRAMBLE

- 3 tbsp. butter or margarine
- 1 can (3 oz.) broiled mushrooms, drained
- 8 eggs
- 1/2 cup milk
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 2 cups hot seasoned cooked frozen or drained canned peas.

Melt butter or margarine in large skillet over low heat. Add mushrooms; cook 5 minutes, or until piping hot. Beat eggs slightly stir in milk, salt and pepper; pour into skillet and cook stirring often, or until eggs are set. Spoon into serving dish and arrange hot seasoned peas around edge.

EGG NOODLE BAKE

- 2 cups fine noodles
- 1 can (10-1/2 oz.) condensed cream of celery soup
- 1/4 cup milk
- 1/4 cup mayonnaise or salad dressing
- 1 tsp. worcestershire sauce
- 6 hard-cooked eggs, shelled and sliced
- 4 tbsp. grated Parmesan cheese

Cook noodles, drain. Place in a greased baking dish. Combine celery soup, milk, mayonnaise or salad dressing, and worcestershire sauce in a small sauce pan; heat slowly stirring constantly, until smooth and hot; stir in half the noodles. Place egg slices over noodle mixture; spoon remaining sauce over egg. Sprinkle parmesan cheese on top. Bake in moderate oven (350 degrees) 20 minutes, or until bubbly.

DOUBLE GOOD MACARONI AND CHEESE

- 1 package (8 oz.) elbow macaroni
- 1 container (1 lb.) cream style cottage cheese
- 3/4 dairy sour cream
- 1 egg slightly beaten
- 1 tsp. salt

- 1/8 tsp. white pepper
- 2 tsp. grated onion
- 1 package (8 oz.) sharp cheddar cheese shredded.

Cook macaroni, following label directions; drain, combine cottage cheese sour cream, egg, salt, pepper, onion, and cheddar cheese in a large bowl; mix lightly until blended; fold in macaroni. Spoon in greased baking dish. Bake in moderate ovens (350 degrees) 45 minutes or until bubbly.

Next week we will combine cheese and eggs with vegetables and meats to stretch the budget.

GREEN NOODLES

- 3 eggs, slightly beaten
- 1 cup cooked spinach sieved
- 2 tbsp. grated Parmesan cheese
- 1 tsp. salt
- 3 cups flour
- 1 quart boiling vegetable broth

Combine first four ingredients; add the flour. Mix until stiff as noodle dough. Roll out 1/8 of an inch thick. Cut into strips 1/2 inch wide and 5 inches long. Let noodles dry for 1 hour. Then add to the briskly boiling broth. Cook for 10 minutes. Drain and add mushroom sauce. Supplies Vitamin A, B-complex, C and Iron.

- VETS -

The Veterans Administration noted recently that regionalization of its 168 hospitals is resulting in greater efficiencies and improvement in medical care for the nation's veterans.

"Intermediate" care sections in the medical wards of VA hospitals are teaching older disabled veterans to be as self-sufficient as possible in caring for their own illnesses, and involving members of their families in their rehabilitation.

An additional 18,928 disabled veterans took advantage of low-cost Veterans Administration "RH" life insurance during fiscal year 1972, increasing to 129,262 the number holding the \$10,000 policies.

BRUCE'S
LIQUORS

PHONE
648-9966



2027 N. Revere

DRIED MUSHROOM SAUCE

- 2 tbsp. butter
- 1 tbsp. parsley
- 1 small onion minced
- 1 clove garlic
- 1 cup ground, dried, baked potato peels
- 1 ounce dried mushrooms
- 1/2 cup warm water
- 1 small can tomato paste
- 1/2 cup water
- 1/2 tsp. salt
- 1/4 tsp. pepper

Melt butter in pan, fry parsley onion, garlic until brown. Add ground potato peels. Soak the dried mushrooms in the warm water. Add to mixture. Dilute tomato paste with water, and add. Season with salt and pepper. Let simmer 2 hours over slow heat. Pour over green noodles and serve. Supplies Vitamins A and C. Variations use cracker crumbs in place of potato peels.

POLITICS AND VOTING ARE WHITE FOLKS BUSINESS. TRUE OR FALSE? IF YOU THINK IT'S TRUE, THEN DON'T COMPLAIN WHEN YOU GET THE BUSINESS.

Reddy's
SAFE KITE-FLYING RULES



- 1 Always use dry string, wood and paper in your kite... not wire or metal.
- 2 Always fly your kite on days when there is no rain.
- 3 Always avoid busy streets and highways while flying your kite.
- 4 Always fly your kite away from TV and radio aeriels, electric or power lines.
- 5 Always keep away from fallen wires.
- 6 Always call your power company if your kite gets snagged in a power line. Do not pull the string or climb power poles.

NP NEVADA POWER COMPANY
Serving Nevada since 1906

ARCO ↕ **GAS**

18 GALLONS

FREE CAR WASH

JET CAR WASH

701 Las Vegas Blvd. So.

HOT WAX \$1.00 FREE HOT WAX WITH THIS AD

SPECIAL EXTERIOR WASH \$1.50