

FOOD FORUM * Dorothy Johnson

EGG PLANT

While shopping the super markets; don't pass up those smooth purple egg plants. They offer plenty of good eating, particularly if you experiment with some new ways to prepare and cook them.

CRUSTY EGG PLANT SLICES

- 1 egg plant, about 1-1/2 lb.
- 2 eggs, beaten
- 1/2 tsp. salt
- 3/4 to 1 cup wheat germ (or seasoned bread crumbs)
- 1/3 cup oil

Cut egg plant crosswise about 3 inches from stem end. Cut larger piece in halves lengthwise. Slice egg plant in wedges no more than 1 inch wide at the thickest part. Combine eggs and salt in shallow dish. Dip wedges in egg, then in wheat germ. Cook in oil skillet over medium heat about 3 minutes on each side or until egg plant.

CRUSTY EGG PLANT PARMIGIANA

- 1 medium onion, chopped
- 1 clove garlic, minced
- Oil
- 1 (1 lb.) can tomatoes
- 1 (8 oz.) can tomato sauce
- 1 tsp. salt
- 1/2 tsp. basil
- 1/2 tsp. oregano
- 1/2 cup wheat germ
- 1/3 cup fine dry bread crumbs
- 1 egg plant, about 1-1/2 lb.
- 2 eggs, beaten
- 1 (6 oz.) pkg. sliced mozzarella cheese
- 1/2 cup grated Parmesan

Cook onion and garlic in 1/4 cup oil until golden. Stir in undrained tomatoes, tomato sauce, 1/2 tsp. salt, basil and oregano. Bring to a boil, cover and simmer 20 minutes. Break up tomatoes if still whole. Meanwhile, combine wheat germ, bread crumbs and 1/2 tsp. salt. Cut egg plant crosswise into 1/2 inches slices. Dip in beaten egg, then wheat germ mixture, coating both sides. Heat 1/3 cup oil in large skillet and cook eggplant in single layer over medium heat about 2-1/2 minutes on each side, until tender and coating is golden. Place half tomato sauce in shallow 2 qt. casserole. Layer overlapping slices of eggplant in sauce. Cover with cheese slices. Top with remaining sauce and sprinkle with Parmesan cheese. Bake at 400 (degrees) 20 to 30 minutes or until bubbly. Makes 4 to 6 servings.

MASHED EGG PLANT WITH CHEESE

- 6 tbsp. butter or margarine
- 1/2 cup flour
- 1-1/2 lb. eggplant
- Juice of 1 lemon
- 2 tsp. salt
- 2 cups hot milk
- 1/2 cup shredded Jack cheese

Melt butter in small saucepan over low heat and stir in flour until smooth. Cook and stir 2 minutes and set aside. Roast eggplant at 450 (degrees) until skin is burned and inside softened. Peel and place eggplant in bowl containing lemon juice. Marinade 15 minutes. Blend egg plant with butter mixture. Place in saucepan over medium heat, add salt and gradually stir in milk. Cook and stir until eggplant is well mashed and blended, then stir in cheese. Serve as an accompaniment to roast or chicken. Makes 6 servings.

EGG PLANT WITH TOMATOES

- 1 eggplant
- 3/4 cup oil
- 1 (1 lb.) can tomatoes
- 1 onion, diced
- 1 clove garlic, crushed
- 1 tsp. oregano
- 1 tbsp. minced parsley

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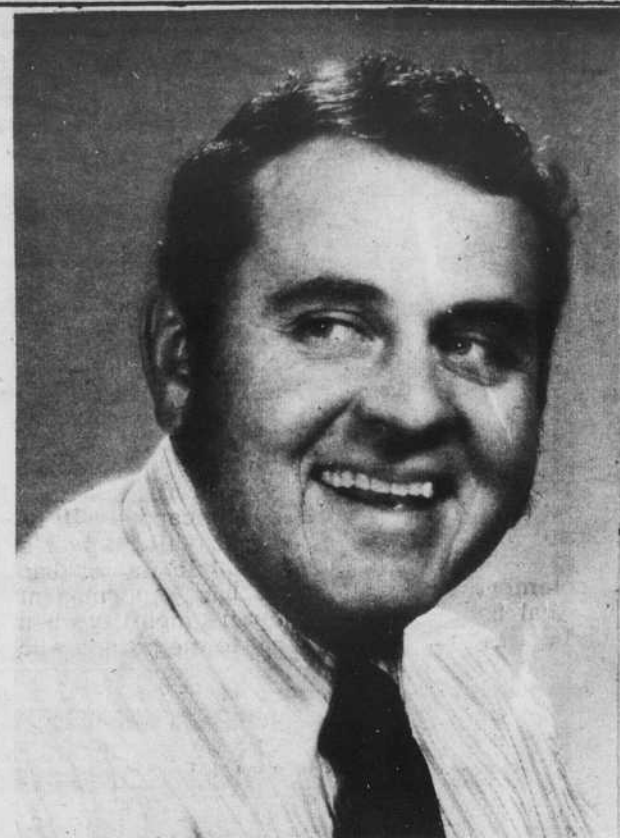
The Nevada Department of Education awarded 840 high school equivalency certificates during the calendar year 1972. The issuance of these certificates was based on scores achieved on the Tests of General Educational Development (GED) distributed by the American Council on Education. According to Merlin Anderson, Administrator of the State Program, 828 certificates were received by Nevada residents as a result of successful completion of the battery of tests which are administered at 10 official GED Centers throughout the State, while 12 certificates were issued to active duty military personnel or veterans who had taken the examination through the United States Armed Forces Institute. These state certificates, issued to adults who have not completed a regular program of instruction at the high school level, are equivalent to high school diplomas.

The total number of adults tested in the State was 1,141, but 27 percent failed to meet the minimum standards as established by the State Department of Education. The average age of those tested was 25.5; the average number of years of formal schooling completed was 10.2. When asked their reasons for taking the tests, 39 percent said they wanted to qualify for education or training beyond high school. The others said they wished to earn a high school equivalency certificate in order to qualify for better jobs, to gain promotion in their work, or for personal satisfaction.

The national statistics, compiled and published by the GED Testing Service in Washington, D.C., show that during 1972, 430,346 individuals were tested at 1,997 Official GED Centers in the fifty states, District of Columbia, American Samoa, Puerto Rico, Guam, Canal Zone, Trust Territory of the Pacific Islands, and four Canadian provinces - Manitoba, Nova Scotia, Prince Edward Island, and Saskatchewan. Of this total, 32.6 percent failed to meet individual state requirements. The average years of schooling was 9.75; the average age was 27.27, and 44.3 percent indicated they planned further study or training.

- 1 tsp. capers
- Salt & Pepper

Saute in oil until lightly browned. Add tomatoes, onion, garlic, oregano, parsley, and capers. Cook slowly, stirring now and then, until eggplant is soft, about 20 minutes. Season with salt and pepper to taste. Makes 6 servings.



THIS MAN MAY CALL ON YOU. He's Charles Fleming, information officer for the Clark County School District, who will canvass about 150 families in the Fay Herron attendance area, beginning Tuesday, July 24. He will be discussing Fay Herron's year-round program with parents.

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