

May is egg month!

Eggs are one of the most versatile foods you can buy. They can be scrambled, fried, baked, poached, cooked in the shell, or added to souffles, omelets or quiche and many other foods. Just stop and think about how many of your recipes use eggs.

An added benefit of eggs is that they are a complete protein food and contain all the essential amino acids - the building blocks of protein. They are also a good source of iron and all vitamins except vitamin C, thiamine and riboflavin. And a single large egg contains only 80 calories.

Since May is egg month, now is a good time to try a few new recipes using the versatile egg.

QUICK ASPARAGUS SOUFFLE

Butter
Grated Parmesan cheese
1 can (10 3/4 oz.) condensed cream of asparagus soup, undiluted
3/4 cup shredded Cheddar cheese
4 eggs, separated
1/4 teaspoon grated lemon peel

Butter 1 1/2-quart souffle dish; dust with Parmesan cheese. Make a 4-inch band of triple-thickness aluminum foil long enough to go around dish and overlap 2 inches. Lightly butter 1 side of foil band; dust with Parmesan cheese. Wrap around outside of dish; tie with string. Collar should extend 2 inches above rim of dish. Heat soup and cheese, stirring constantly until cheese is melted. Remove from heat; add gradually to unbeaten egg yolks, beat mixture well. Beat egg whites and lemon peel until stiff but not dry or just until whites no longer slip when bowl is tilted. Gently fold yolk-soup mixture into whites. Pour into souffle dish. For an attractive serving appearance: Circle mixture with spoon about 1 inch from side of dish and about 1-inch deep. Bake in preheated 350°F. oven 45 minutes or until puffy, delicately browned and souffle shakes very slightly when oven rack is gently moved back and forth. Carefully remove foil band. Serve immediately.

BREAKFAST PIZZA

Butter
2 eggs
1 slice bacon, cooked, drained and crumbled
1/2 teaspoon grated Parmesan cheese
1 teaspoon water
1 English muffin, split and toasted
2 tablespoons pizza sauce

Use just enough butter to grease skillet. Heat skillet until just hot enough to sizzle a drop of water. Break and slip eggs into skillet. Sprinkle with bacon and cheese. Cook over low heat until edges turn white, about 1 minute. Add water; cover skillet tightly to hold in steam which bastes eggs. While eggs are cooking to desired degree of doneness, spread English muffin halves with pizza sauce; top with fried eggs. Makes 1 serving.

COTTAGE PEPPERS

4 large peppers
1 cup cooked rice
8 hard-cooked eggs, coarsely chopped
1 tablespoon instant minced onion
1 1/2 teaspoons salt
1 teaspoon Worcestershire sauce
1/2 teaspoon Italian seasoning

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Eggs are an essential ingredient in this creamy rice pudding recipe.



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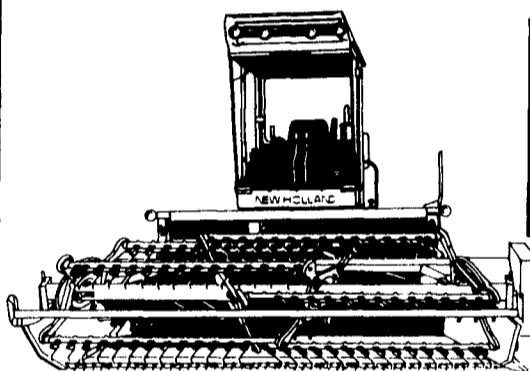
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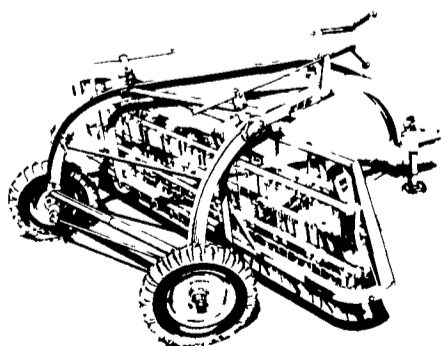


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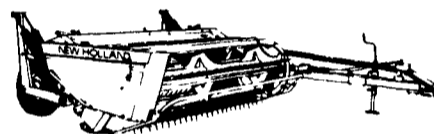
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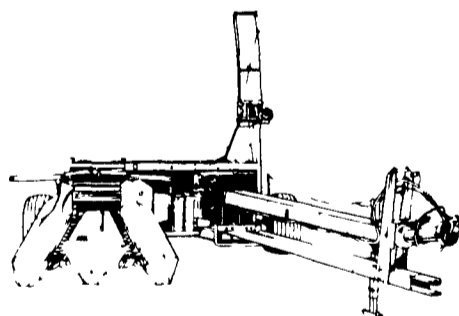
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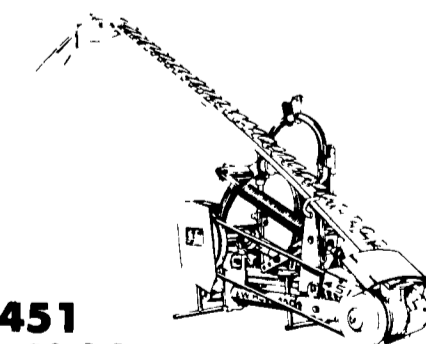
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