

Egg month

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- 1 can (6 oz.) tomato paste
- ½ cup shredded Cheddar cheese

Cut green peppers in half lengthwise; remove seeds and membranes. Wash and drain well (OR, if desired, parboil by immersing in boiling salted water 3-5 minutes; drain well). Combine rice, eggs, onion, salt, Worcestershire sauce and Italian seasoning. Add tomato paste, tossing lightly. Spoon scant ½ cup mixture into each pepper half. Top with cheese. Arrange in 9x9x2-inch baking pan. Bake in pre-heated 350°F. oven for 30 minutes. Makes 4 servings.

BEEFY QUICHE

- ½ pound ground beef
- ½ cup chopped onion OR 2 tablespoons instant diced onion
- 9-inch unbaked pie shell, at room temperature
- 6 eggs
- 1 can (11 oz.) condensed tomato bisque soup, undiluted OR 1 can (10¾ oz.) condensed tomato soup, undiluted

Cook ground beef and onion together until beef is lightly browned and onion is golden; drain. Sprinkle pie shell with beef mixture. Beat eggs and soup together until blended. Pour over beef mixture. Bake in preheated 375°F. oven for 30-35 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving. Makes 6 servings.

RICE PUDDING

- 4 eggs
- 2 cups milk
- ½ cup sugar
- 1 tablespoon butter, melted
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 2 cups cooked rice
- ½ cup raisins, optional

Cinnamon or nutmeg, optional
In medium bowl, beat eggs. Blend in milk, sugar, butter, vanilla and salt. Stir in rice and raisins, if desired. Pour into greased 1½-quart casserole. Bake in preheated 325°F. oven for 35 minutes. Gently stir rice up from bottom of dish. Continue baking until knife inserted halfway between center and outside edge comes out clean, 20 to 25 minutes longer. Sprinkle with cinnamon or nutmeg if desired.

ANGEL FOOD CAKE

- 12 egg whites
 - 1½ teaspoons cream of tartar
 - ¼ teaspoon salt
 - ¾ cup granulated sugar
 - 1½ teaspoons vanilla
 - ½ teaspoon almond extract
 - 1 cup sifted cake flour
 - 1¼ cups confectioners' sugar
- In large mixing bowl beat egg whites, cream of tartar and salt at high speed until foamy. Add ¼ cup granulated sugar, 1 tablespoon at a time, beating constantly until sugar is dissolved. (Rub just a bit of meringue between thumb and forefinger to feel if sugar is dissolved) and whites are glossy and stand in soft peaks.

Beat in vanilla and almond extract.

Sift flour and confectioners' sugar together twice. Sift about ½ cup flour mixture over egg whites and gently fold in just until flour disappears. Repeat, folding in remaining flour mixture ½ cup at a time. Pour into ungreased 10-inch tube pan. Gently cut through batter with metal spatula.

Bake in preheated 375°F. oven until top springs back when touched lightly with finger, 30-40 minutes. Invert cake in pan on funnel or bottle neck. Cool completely, about 1½ hours. Loosen cake from pan with narrow spatula or knife and gently shake onto serving plate. Serve plain or frosted.

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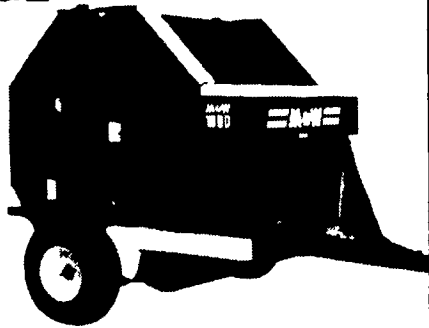
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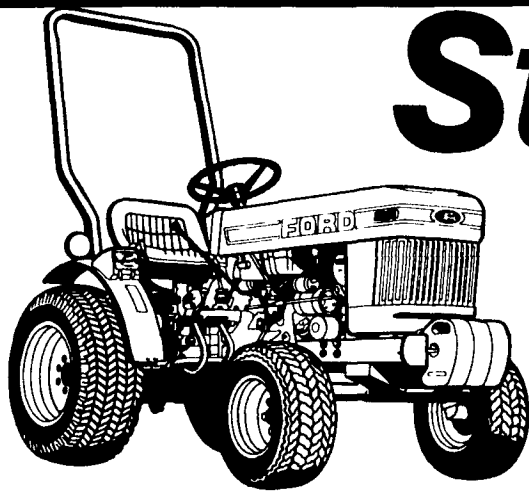
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