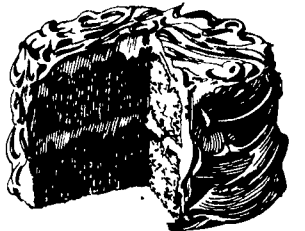


Home On The Range



Eggs aren't just for breakfast

While eggs are usually considered a breakfast food, they're great anytime at all. They are such a versatile food that they can fit into almost any meal plan.

And there are plenty of good reasons to include eggs in your diet. Egg protein is the most nutritious, readily-available, complete protein known — it is the standard of comparison for other proteins. And, all of the essential amino acids are present in such generous quantities that egg protein may be used to supplement other foods.

Below are recipes for just a few of the many ways eggs can be prepared. Select a few of them and enjoy the nutritious goodness of eggs.

EGG SALAD

- 2 hard-cooked eggs, minced
- 1 tablespoon chopped pickles
- 1 teaspoon chili sauce
- 6 small olives, stuffed
- 2 tablespoons mayonnaise

Mix all ingredients together.

Betty Biehl
Mertztown

CREAMED EGGS

- ¼ cup butter or oleo
 - ¼ cup all-purpose flour
 - ½ teaspoon salt
 - ½ teaspoon paprika
 - 1/8 teaspoon pepper
 - ¼ teaspoon minced onion
 - 2 cups milk
 - 6 hard-cooked eggs - shelled and sliced
- Toast

Melt butter, blend in flour, seasonings and onion. Cook, stirring until mixture is smooth and bubbly. Stir in milk all at once, heat to boiling, stirring constantly. Boil and stir until mixture is smooth and thickened. Stir in eggs and heat to serving temperature. Serve on toast.

Carol J. Shaeffer
Wrightsville

BAKED MACARONI WITH FETA CHEESE

- ½ pound mostaccioli macaroni
- 6 eggs, slightly beaten
- ½ pound Feta cheese, crumbled
- ½ pound real butter, softened
- 2 cups milk

Parboil macaroni in rapidly boiling water for only 6 minutes. Drain. Return to pan; add eggs, cheese and butter. Mix until well blended. Turn into greased 13 x 9-inch pan. Pour milk over top, but do not stir. Bake in preheated 350°F. oven for 40 minutes. Let set for 10 minutes before serving.

Donna Lencoski
Latrobe

BANANA GRANOLA OMELETS

- 1 cup (8 ounces) plain yogurt, divided
- 2 tablespoons firmly packed brown sugar
- 1 banana, sliced
- 4 eggs
- 2 tablespoons water
- 1 tablespoon wheat germ, optional
- ¼ teaspoon salt
- 2 tablespoons butter, divided
- ½ cup granola, divided
- Granola, optional

Beat together ¾ cup of the yogurt and brown sugar. Stir in sliced banana. Set aside. Mix eggs, remaining yogurt, water, wheat germ, if desired, and salt until blended. For each omelet, heat 1 tablespoon of the butter in 7- to 10-inch omelet pan or skillet over medium-high heat until just hot enough to sizzle a drop of water. Pour in half of the egg mixture (about ½ cup). (Mixture should immediately set at edges.)

With an inverted pancake turner, carefully push cooked portions at edges toward center so uncooked portions can reach hot pan surface, tilting pan and moving cooked portions as necessary. While top is still moist and creamy-looking, fill with half of reserved banana-yogurt mixture and sprinkle with ½ cup of the granola. With pancake turner, fold omelet in half or roll, and invert onto plate with a quick flip of the wrist or slide from pan onto plate. Sprinkle with additional granola, if desired. Keep warm. Repeat for second omelet. Serve immediately. Serves 2.

SPANISH DEVEILED EGGS

- 4 tablespoons chopped onion
- 12 tablespoons chopped green pepper
- 2 tablespoons butter
- 3 tablespoons flour
- 2 8-ounce cans tomatoes (2 cups)
- 1 teaspoon sugar
- Deveiled Eggs
- ½ cup fine bread crumbs
- 2 teaspoons butter, melted

Cook onion and green pepper in 2 tablespoons butter until tender; blend in flour. Add tomatoes, sugar, dash of salt and pepper. Cook and stir until bubbly. Pour into 4 individual casseroles. Arrange 3 deveiled egg halves in each. Combine crumbs and melted butter; sprinkle over. Bake in hot oven (425°F.) for 10 minutes. Makes 4 servings.

Deveiled Eggs — Halve 6 hard-cooked eggs lengthwise; remove yolks and mash. Blend in 4 tablespoons mayonnaise, 1 teaspoon vinegar, 1 teaspoon prepared mustard, dash salt, and pepper. Refill whites.



Many a cook's reputation has been founded on an omelet. It takes a certain knack, but a perfect omelet provides a sense of accomplishment far beyond the work required.

QUICK SOUPER SOUFFLE

- Butter
- Grated Parmesan cheese
- 1 10¼-ounce can condensed cream of celery soup, undiluted
- ½ cup (2 ounces) shredded Cheddar cheese
- 4 eggs, separated
- ½ teaspoon cream of tartar
- 1 7-ounce can tuna or salmon, drained or flaked, optional
- Seasoning, optional

Butter bottom and sides of 1½- to 2-quart souffle dish or casserole. Dust with Parmesan cheese. Set aside.

In medium saucepan over medium heat, cook soup with Cheddar cheese, stirring occasionally, until cheese is melted. Set aside.

In large mixing bowl, beat egg whites with cream of tartar at high speed until stiff but not dry, just until whites no longer slip when bowl is tilted. Thoroughly blend egg yolks, tuna and seasoning, if desired, into reserved soup mixture. Gently, but thoroughly, fold yolk mixture into whites. Carefully pour into prepared dish. "Top hat," if desired. Bake in preheated 350°F. oven until puffy, delicately browned and souffle shakes slightly when oven rack is gently moved back and forth, about 35 to 45 minutes. Serve immediately.

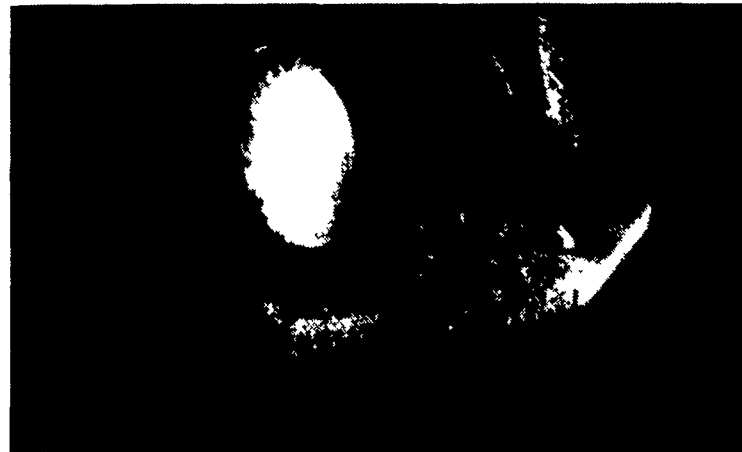
DUCHESS POTATOES

- 3½ cups mashed potatoes (about 6 medium)
- ¼ cup butter, softened, divided
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 eggs

In large mixing bowl beat potatoes, ¼ cup butter, salt and pepper at low speed until fluffy. Add eggs, one at a time, beating at medium speed until well blended. Melt remaining butter.

Place potato mixture in large pastry bag with ½-inch star nozzle. Pipe about ¼ cup potatoes onto the edges of casserole or main dish, or spoon potatoes onto greased cookie sheet in neat pyramid shapes. Brush with melted butter.

Bake in preheated 450°F. oven until golden brown, 12 to 15 minutes OR broil 6 inches from heat, 5 to 7 minutes. Carefully remove potato mounds from cookie sheet.



A coating of bread crumbs and sausage makes a hearty snack of hard-cooked eggs. After cooking to a golden turn, they can be eaten hot or cold.

CUSTARD PIE

- 4 eggs
- 2½ cups milk
- ½ cup sugar
- 1½ teaspoons vanilla
- ¼ teaspoon salt
- 1 9-inch pie shell, unbaked
- 1/8 teaspoon nutmeg

Beat eggs. Blend in milk, sugar, vanilla and salt. Place pie plate

with prepared shell on oven rack. Pour egg mixture into shell. Sprinkle with nutmeg.

Bake in preheated 350°F. oven until knife inserted halfway between center and outside edge comes out clean, 40 to 50 minutes. Cool on wire rack. Serve warm or chilled.

(Turn to Page B8)

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

- | | |
|-------|---------------|
| March | |
| 23 | Salads |
| 30 | Easter Dinner |
| April | |
| 6 | Ham Recipes |

Featured Recipe

This week's featured recipe comes from Letie Schadler, Lebanon County Extension home economist. During National Nutrition Month, Letie is encouraging homemakers to combine soup and beans for nutritious, tasty meals.

Preparing stock is one of the most important steps in preparing delicious soup, and Letie shares one of her stock recipes this week. To learn more about soup making, turn to the story about soup and beans in this section.

Cream of (Anything) Soup - Quick Mix

- 2 cups non-fat dry milk powder
- ¾ cup corn starch or regular clear-jell
- 3 tablespoons instant granular chicken bouillon
- 2 tablespoons instant minced onion
- 1 teaspoon dry mustard
- 1¼ teaspoon dry herbs (blend or combination)
- ¼ teaspoon ground pepper

Combine all ingredients in a dry one-quart container. Stir or shake to mix. Keep covered tightly and store at room temperature. (4 tablespoons of mix will thicken and flavor 1 cup water).

To Make Soup

- 3 cups water
- ¾ cup mix
- 1 to 2 cups cooked vegetables
- 2 to 3 slices processed cheese, optional

Blend water and mix together. Bring to a boil, stirring occasionally. Add cooked vegetables. Pour into blender container. Blend to texture desired. You may want to blend this in two batches. Return to saucepan, add cheese if desired and heat to serving temperature. Add meat or fish cubes if desired.