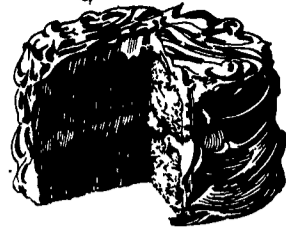


Home On The Range



Take A Break: Eat An Egg

New findings confirm what the egg industry has said all along, that eggs are an important source of nutrition.

Conveniently packaged within each shell is some of the highest quality protein available along with an impressive assortment of vitamins and minerals. Crack open the shell and a world of cooking pleasure awaits.

Known for its versatility, the egg can be prepared in dozens of ways — most of which are quick, easy, and inexpensive.

You'll find many variations for cooking the incredible egg by trying these recipes from our readers.

BRUNCH CASSEROLE

12 slices white bread
6 slices sliced ham
6 slices sharp cheddar or Velveeta cheese

Lay 6 slices bread on bottom of greased 9x13-inch baking dish. Place 1 slice each of the ham and cheese on top of each slice bread. Top with six bread slices.

Combine:

6 eggs, beaten
½ teaspoon salt
½ teaspoon dry mustard
¼ cup minced onion
¼ cup chopped green pepper
1½ teaspoons Worcestershire sauce

3 cups milk
Beat together until blended. Pour over mixture in dish. Cover and refrigerate overnight.

The next morning, melt ¼ cup butter and pour over mixture. Sprinkle 1 cup crushed potato chips over top. Bake at 350 degrees for 1 hour.

Leah Glick
Ronks

BREAKFAST DISH

6 slices bread
2 cups milk
1 pound sausage, bacon, or ham
1 cup shredded cheddar cheese
6 eggs
1 teaspoon mustard

Break bread into small pieces. Fry bacon or sausage, if used. Scatter meat over bread. Combine eggs, cheese, mustard, and milk. Refrigerate overnight. In the morning, bake at 350 degrees for 55 minutes. Delicious served with tomato gravy.

Denise Wenger
Mifflintown

BREAKFAST SAUSAGE CASSEROLE

1 pound sausage
6 slices bread, cubed
6 eggs, beaten
1½ cups shredded cheese
1½ cups milk

Brown sausage lightly and place in 9x9-inch pan. Place a layer of bread and cheese over sausage. Beat eggs and add milk and seasoning. Pour over mixture in pan. Refrigerate overnight. Bake at 325 degrees for 40 to 45 minutes. Serve hot. Serves 6.

EGGS A LA GOLDENROD

6 hard cooked eggs
2 cups thin white sauce
Salt and pepper
Toast

White sauce: melt 3 tablespoons butter in a saucepan. Add 2 tablespoons flour and 1 teaspoon salt. Stir until well blended. Slowly add 2 cups milk. Stir constantly until thickened. Add chopped eggs and seasoning to white sauce. Heat through and serve on toast.

Contributor writes: Our children love this. Sometimes I add bacon, chopped ham, or cheese.

Alverna Martin
Wellsboro

EASTER SUGAR COOKIES

6 cups flour
1 teaspoon salt
3 teaspoons baking powder
1 teaspoon vanilla
2 eggs
½ pint sour cream
2 cups sugar
1 teaspoon baking soda
1 teaspoon nutmeg
1 cup milk
2 sticks butter

Soften butter, blend in sugar and eggs. Alternate adding flour and milk. Add salt, baking soda, baking powder, nutmeg, vanilla, and sour cream.

Grease and flour cookie sheets. Teaspoon dough onto cookie sheet. Flatten cookies with the floured bottom of cup. Add more flour to dough, if necessary.

Bake at 350 degrees until lightly browned.

Frosting: Soften 1 stick butter, add 1 cup milk and 1 teaspoon vanilla. Add confectioners' sugar until thickened. Color frosting with pastel Easter colors of your choice.

Sue Pardo
Jarrettsville, Md.



Sauder's Ultimate Egg Roll will be a hit at luncheons and picnics.

SAUDER'S ULTIMATE EGG ROLL

2 tablespoons cornflake crumbs
6 extra-large eggs, separated
4 ounces mushrooms, drained and chopped

1 tablespoon lemon juice
1 tablespoon fresh rosemary or parsley

¼ teaspoon salt and pepper
10-ounces frozen chopped spinach, thawed and well drained

8-ounces cream cheese
Additional rosemary and salt to taste, if desired

Oil jelly-roll pan; line with waxed paper; oil; sprinkle with cornflake crumbs. set aside. Beat egg whites until soft peaks form; set aside. Beat egg yolks until thick and fluffy. Fold in mushrooms, lemon juice, rosemary, salt and pepper. Fold in egg whites. Spread mixture evenly in prepared pan. Bake at 350 degrees for 15 minutes. Turn sponge out on overlapping sheets of waxed paper. Roll loosely; cool.

Meanwhile, blend spinach and cream cheese with seasonings. Unroll sponge; spread with filling. Roll securely; chill. To serve, cut into slices, ½-inch thick. If desired, serve with party rye bread slices and vegetables crudites.

Sauder's Eggs
Lititz

PINEAPPLE GLAZED HAM BALLS

2¼ pounds ground ham
1½ cups oatmeal
3 eggs, beaten
¼ cup milk

1½ tablespoons brown sugar
Combine all ingredients and shape into balls. Place in casserole.

Sauce:
3 cups pineapple juice
1½ cups water
¼ cup lemon juice
1 cup brown sugar
3 tablespoons cornstarch
15 whole cloves

Combine all ingredients and pour over ham balls. Bake at 350 degrees for 1½ hours.

Denise Wenger
Mifflintown

SAUSAGE EGG CASSEROLE

1 pound sausage
12 eggs
4 cups milk

1 box seasoned croutons
8-ounces cheddar cheese
Options: chopped onion, ½ cup green pepper, 3 to 4 mushrooms

Brown sausage. Drain and crumble. Beat egg and milk mixture. Season with salt and pepper, if desired. Place sausage in bottom of casserole dish. Layer with shredded cheese and croutons. Reserve some cheese for topping. Pour egg and milk mixture over top. Add other vegetables, if desired.

Bake in 375 to 400 degree oven about 45 minutes or until bubbly.

Contributor writes: Wonderful for holiday breakfast!

Sue Pardo
Jarrettsville, MD

EGG CRUST TUNA SALAD

Crust:
3 eggs, beaten
¼ teaspoon salt

Add:
½ cup milk
½ cup flour
1 teaspoon parsley flakes

Pour mixture into greased glass pie plate. Bake at 450 degrees for 20 to 25 minutes (will be puffy).

Tuna salad:
6-ounces tuna in water
2 hard boiled eggs, chopped
¼ cup mayonnaise
½ cup green pepper, chopped
1 tablespoon onion, chopped
½ head lettuce, chopped

After the crust is baked, put the chopped lettuce on top of crust. Add tuna salad. Cut into 2 or 4 pieces and serve.

Loretta Kurtz
Allensville

(Turn to Page B8)

Featured Recipe

Help teens and adults to celebrate sensibly during the prom and graduation season. Offer them non-alcoholic dairy beverages formulated by the Pennsylvania Dairy Promotion Program.

Mixed beverages such as Orange Blossom, White Russian, and Grasshopper have been formulated to include milk and ice cream as the primary ingredients. These kitchen-tested recipes remove alcohol and offer consumers a delicious, non-alcoholic alternative for celebrations and parties.

Parents and school leaders can register to receive a free CHEERS party pack of materials for prom and graduation celebrations by contacting PDPP at (717) 787-6903. The package includes napkins, table tents, recipe brochures, a banner, and designated driver stickers.

A free brochure of 14 recipes is available by sending a self-addressed and stamped legal size envelope to Cheers for All Occasions, PDPP, 2301 N. Cameron St., Harrisburg, PA 17110-9409.

ORANGE BLOSSOM

1 cup whole or 2% milk
1 cup orange juice
1 teaspoon honey
4 scoops orange sherbet

Combine milk, orange juice, honey, and two scoops sherbet in blender until smooth. Pour into four serving glasses and top with a small scoop of sherbet. Serves 4.

GRASSHOPPER

2 cups whole or 2% milk
3 scoops vanilla or chocolate chip ice cream
¼ teaspoon peppermint extract
2 drops green food coloring
Whipped cream

Combine milk, ice cream, peppermint, and food coloring in blender until smooth. Top with whipped cream. Serves 2.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

April 18- Cooking For A Crowd
25- Fresh Water Fish/Seafood
May 2- Husband's Favorite Recipe
9- Mothers Favorite Recipe