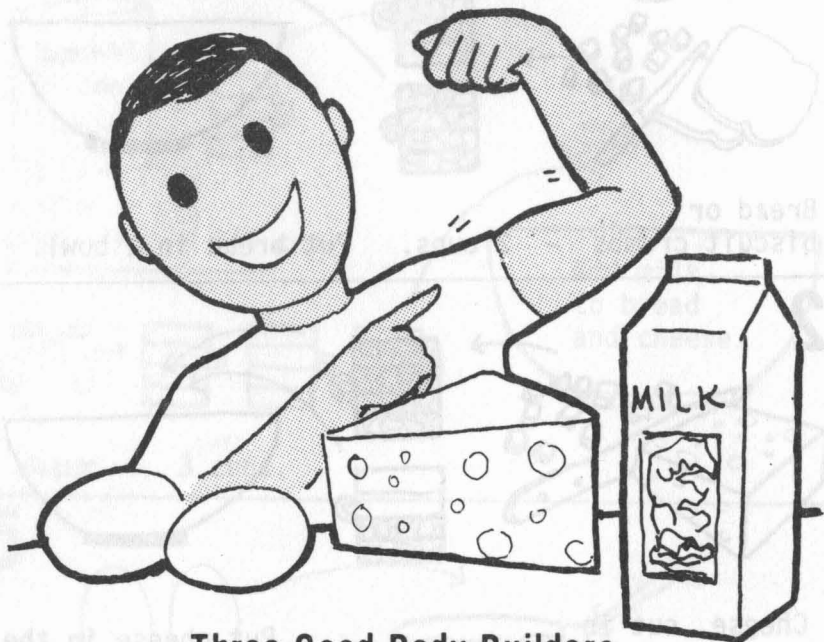


# CHEESY MAIN DISH

This recipe makes enough for 6 people.



## Three Good Body Builders

### WHAT YOU USE:

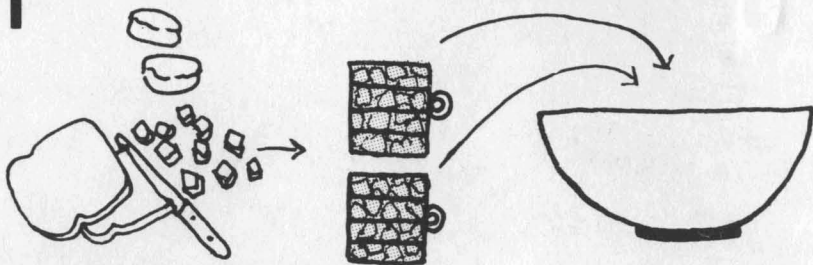
bread or biscuit crumbs  
cheese  
nonfat dry milk  
salt

water  
butter or margarine  
eggs

TEXAS A&M UNIVERSITY  
TEXAS AGRICULTURAL EXTENSION SERVICE  
J. E. Hutchison, Director, College Station, Texas

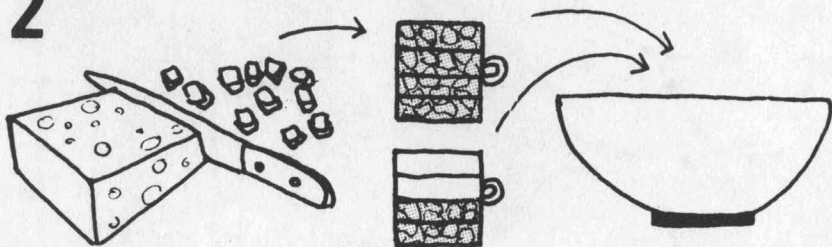
## CHEESY MAIN DISH

1



Bread or biscuit crumbs - 2 cups. Put bread in a bowl.

2

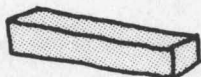


Cheese, cut in small pieces - 1 1/2 cups. Put cheese in the bowl.

3



Salt - 1 teaspoon

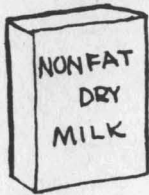


Margarine or butter - 1 tablespoon.

Put salt and margarine or butter in the bowl.

# 4

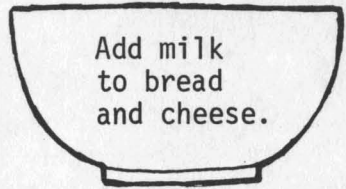
To make milk, mix:



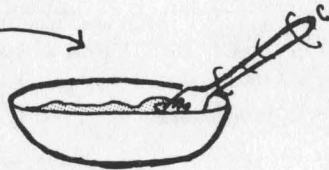
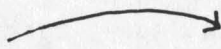
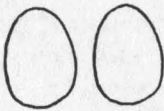
Nonfat  
dry milk -  $\frac{3}{4}$  cup.



Water - 3 cups.

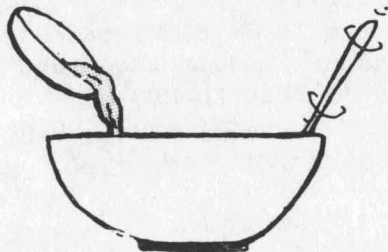


# 5



2 fresh eggs. Beat them.  
Or you can use  $\frac{1}{3}$  cup of dried eggs,  
mixed with  $\frac{1}{3}$  cup of water.

# 6



Pour eggs into the bowl. Mix.

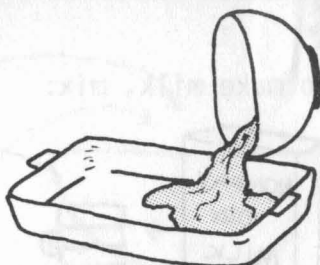
Turn Page

7



Grease a pan.

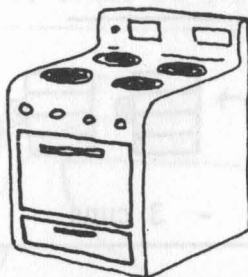
8



Pour food from the bowl into the greased pan.

9

Bake at 350° in the oven. Bake until firm - about 30 minutes.



A GOOD DIET has meat, eggs, cheese or dry peas and beans every day. A good diet has fruits and vegetables. It has milk and cereals.

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