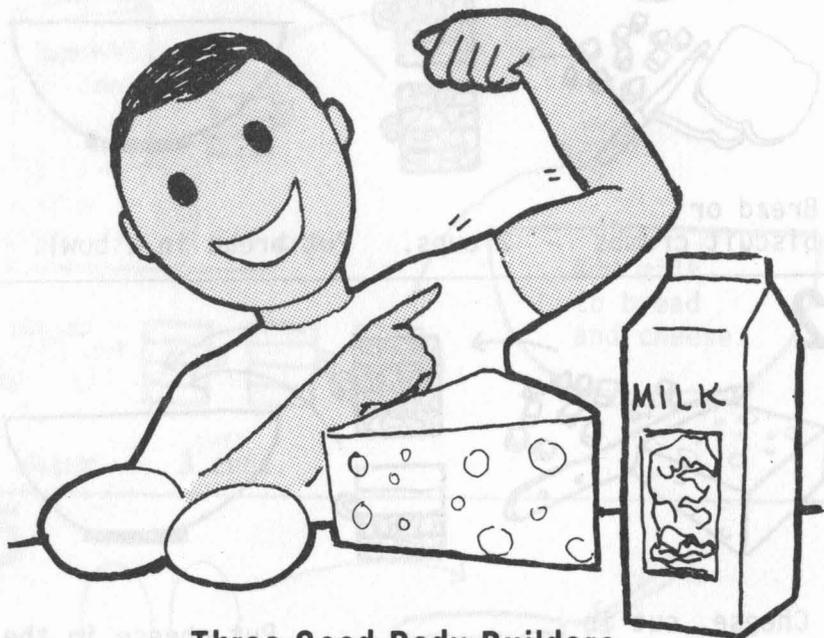


Rec D. 10,000-5-7-69

L-794

CHEESY MAIN DISH

This recipe makes enough for 6 people.



Three Good Body Builders

WHAT YOU USE:

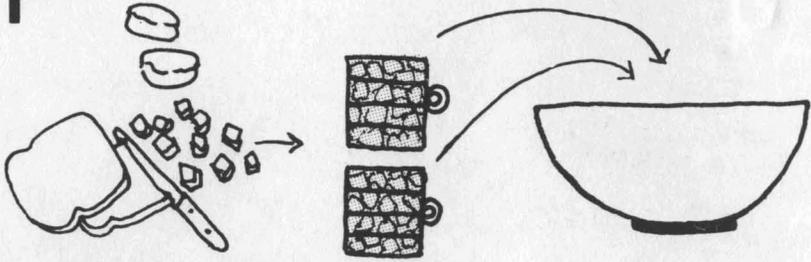
bread or biscuit crumbs
 cheese
 nonfat dry milk
 salt

water
 butter or margarine
 eggs

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

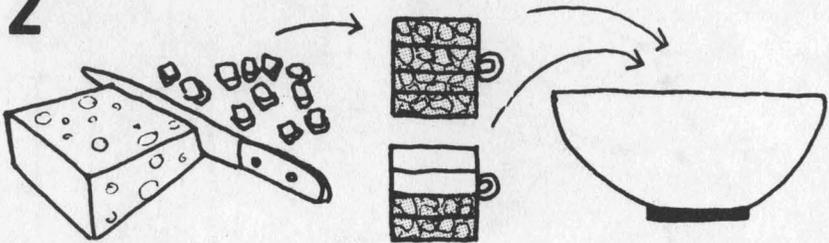
CHEESY MAIN DISH

1



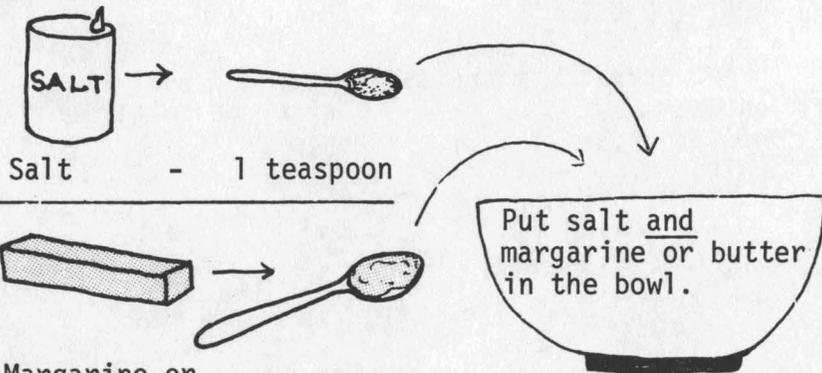
Bread or biscuit crumbs - 2 cups. Put bread in a bowl.

2



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

3



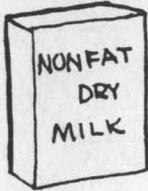
Salt - 1 teaspoon

Margarine or butter - 1 tablespoon.

Put salt and margarine or butter in the bowl.

4

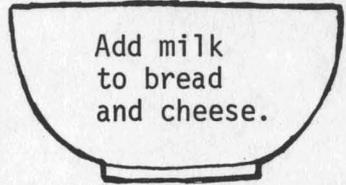
To make milk, mix:



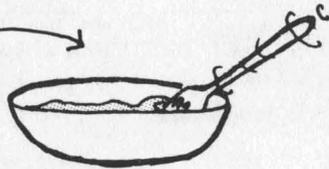
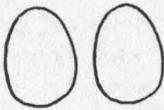
Nonfat
dry milk - $\frac{3}{4}$ cup.



Water - 3 cups.

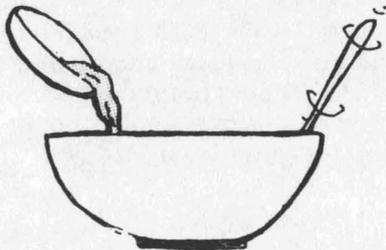


5



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.

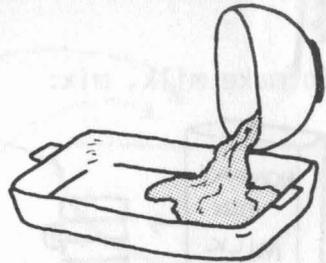
Turn Page

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.

Published by Cooperative Extension Service, Texas A&M University, College Station, Texas, in cooperation with Faye Culver Thurston, Specialist, Educational Methods, and Fariss Prickett, Specialist, Foods and Nutrition, Cooperative Extension Service, Auburn University, Auburn, Alabama.

Cooperative Extension Work in Agriculture and Home Economics, Texas A&M University and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.