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
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.
To make milk, mix:

Nonfat dry milk - 3/4 cup.

Water - 3 cups.

Add milk to bread and cheese.

2 fresh eggs. Beat them.
Or you can use 1/3 cup of dried eggs, mixed with 1/3 cup of water.

Pour eggs into the bowl. Mix.
Grease a pan.

Pour food from the bowl into the greased pan.

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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