

TEXAS BREAKFAST

Guillermina Valdez and Dorthy Schertz*

BREAKFAST down Texas-way is a special meal. Here is a Texas-size breakfast for Texas boys and girls.

TEXAS TOASTIES

1½ cups egg mix, packed and
2 cups water
or 6 eggs and ½ cup milk

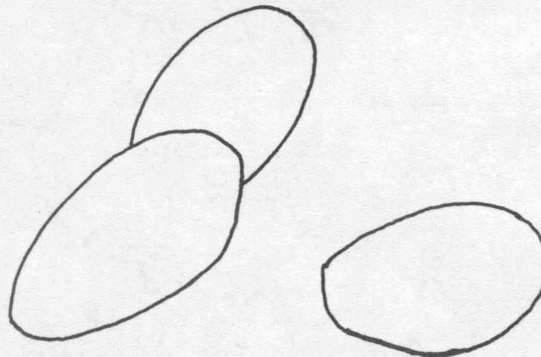
12 slices bread
Fat or oil for frying

In a large bowl, beat egg mix and water (or egg and milk) until well mixed. Dip each slice of bread in egg mixture. Turning the slice so the egg mixture covers both sides. Fry in a moderately heated fry pan with just enough fat or oil to keep from sticking. (To test, put a drop of water in the pan; when it dances in the pan, it is just right). Cook over medium heat until browned on one side. Turn and brown the other side. Makes 6 servings, 2 slices each.

Serve your TEXAS TOASTIES to your family with butter and syrup, just as you would pancakes.

Remember, scrambled egg mix should always be cooked thoroughly.

Do not use scrambled egg mix in uncooked foods like egg-milk drinks, uncooked salad dressing and ice cream.



Fresh eggs are protected from bacteria by their shell.

Scrambled egg mix must be covered and stored in a cool place to prevent the growth of harmful bacteria.

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WHAT FOODS DO WE NEED TO SERVE WITH THE TEXAS TOASTIES TO MAKE THIS BREAKFAST DESERVE THE TEXAS 4 BRAND?



FRUITS AND VEGETABLES

Here are a few fruits and vegetables that are good at breakfast time: orange juice, orange slices, grapefruit juice, grapefruit half, tomato juice and sliced tomatoes. Pineapple, apple, grape or prune juice can be served. Prunes, bananas, berries, peaches, melons, apples, figs, apricots and potatoes are good also.



MOO JUICE

BREAKFAST IS A GREAT TIME TO HAVE MILK, THE DRINK

THAT LASTS. MILK IS A GOOD SOURCE OF _____



and _____ builds and repairs our

body. _____ is needed for strong bones and teeth.

How many glasses of milk do YOU need to drink every day? _____

Do you like this Texas Breakfast?



The authors express appreciation to the Texas Agricultural Extension Service foods and nutrition specialists for their cooperation in preparing this Expanded Nutrition Program leaflet.