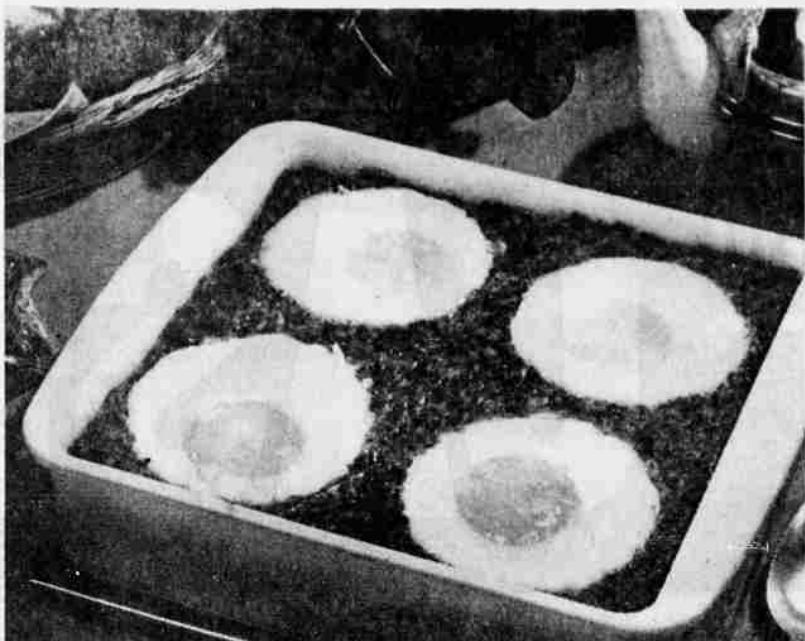


Specialties in Gourmet

By RUTH KING

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FOR LUNCH — Cheddar cheese adds piquancy to this egg-spinach combination that will be hailed with delight by the family.

Egg 'N' Spinach Casserole Good

"Sunny-Side Up" describes a colorful egg 'n' spinach casserole brimming with good cheddar cheese and oh so easy to prepare. Crisp relishes, hot rolls, a baked apple and beverage complete a tasty and satisfying lunch with a minimum of kitchen time required.

Wisconsin natural cheddar cheese, a favorite of the connoisseur was selected for this dish. Cheddar cheese has a mellow cured flavor and may be purchased either mild, medium or sharp to suit a family's fancy. The flavor of the cheese sharpens as the cheese ages so that truly vintage cheeses may be aged a year or more. Natural cheddar cheeses are packaged in chunks, wedges and stick shapes as well as sliced.

Refrigerator storage is best for cheese. Unopened, the original wrapper provides suitable protection. After part of the package has been used, the cheese should be covered tightly with aluminum foil or tight fitting transparent wrap and returned to the refrigerator. The old idea of wrapping cheese in a vinegar soaked cloth is not recommended. Although the vinegar may hinder growth of mold on the surface of the cheese, the vinegar flavor may be absorbed by the cheese. To enjoy cheese at the peak of quality and flavor, it should be used within two weeks.

EGG 'N' SPINACH CASSEROLE
Yield: 4 servings
1 cup shredded cheddar cheese

10½ ounce package frozen chopped spinach
2 tablespoons butter or margarine
2 tablespoons chopped onion
2 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon Worcestershire
1½ cups milk
2 ounce can mushrooms, chopped
4 eggs

Cook spinach according to directions on package. Melt butter in a saucepan. Add onion and cook about 5 minutes. Blend in flour, salt, pepper, and Worcestershire sauce. Gradually add milk, stirring constantly, until sauce is thick and smooth. Stir in cheese and mushrooms. Add spinach to sauce and pour into 8 inch square baking dish which has been rubbed with butter. Break eggs on top of spinach mixture. Bake in a moderate oven (350 degrees F.) about 20 to 25 minutes or until eggs are cooked. Serve hot.

VEGETABLE RAREBIT

Yield: 6 servings
½ pound shredded cheddar cheese
10½ ounce package frozen broccoli spears
2 tablespoons butter or margarine
½ teaspoon dry mustard
5 teaspoons flour
5 teaspoons paprika
Dash cayenne
1 cup milk
1 teaspoon Worcestershire sauce

4 ounce can mushrooms, drained
6 puff pastry shells

Cook broccoli according to directions on package. Drain and cut into bite-sized pieces. Place butter in top of double boiler. Melt over hot water. Blend in flour, mustard, paprika, and cayenne. Slowly add milk and Worcestershire sauce. Cook and stir until smooth and well thickened. Add cheese. Heat until cheese melts. Blend in broccoli and mushrooms. Serve hot in puff pastry shells.

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MUSHROOM-CHEESE CASSEROLE

EASY FIXINGS

Macaroni-chicken skillet is an easy one-dish meal. Dredge 1 (2-pound) frying chicken, cut into serving pieces, with flour, salt

and pepper. Lightly brown in ½ cup of melted butter or margarine. Add 1 (1-quart 14-ounce) can of tomato juice. Bring to boil. Add gradually 2 cups (8 ounces) of

elbow macaroni, ¼ teaspoon of pepper and ¼ teaspoon of oregano. Cook, stirring occasionally, about 30 minutes, or until chicken and macaroni are tender. Serves 4.

For a taste experience so satisfying guests won't guess how little it costs to feed the crowd try our Mushroom Casserole. The mushrooms and the tomato flavor cast a stellar role when added to the Lenten favorite—macaroni and cheese.

This recipe serves 10 to 12 generously and it can even be doubled for larger groups, if you wish. Prepare ingredients in casserole ahead of time and bake about the time the guests arrive. An additional blessing is that this Mushroom Casserole can be covered and kept warm if guests aren't ready to eat when you planned.

MUSHROOM-CHEESE CASSEROLE

1 pound elbow macaroni (4 cups)

1 cup salad oil
1 medium onion, chopped
4 cloves garlic, pressed
8 ounces (two 4-ounce cans) sliced mushrooms, drained
1 can (15½ ounces) meatless spaghetti sauce with mushrooms
1 can (10½ ounces) condensed tomato soup
½ teaspoon salt
¼ teaspoon pepper
1½ pounds process American cheese, sliced

Cook macaroni following package directions. Meanwhile heat oil in skillet then saute onion and garlic. Remove from heat and add mushrooms, spaghetti sauce, and undiluted tomato soup, salt and

A Favorite With A Crowd

pepper. In two 2-quart casseroles, layer macaroni, cheese, and tomato-mushroom mixture. Bake, covered, in a moderate oven (350 degrees) for 30 minutes, then remove cover and bake for 10 minutes more. Makes 10 to 12 servings.

Or in event one very large casserole is used, increase baking time to 1 hour. Double recipe for larger groups, if desired.

ONION-PARSLEY RICE

Combine a little instant minced onion with uncooked rice; prepare rice as package directs. To serve stir in butter or margarine and chopped fresh parsley.

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