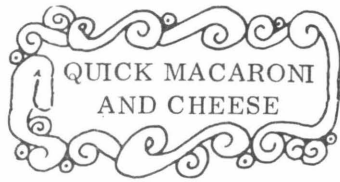


SMART SHOPPER RECIPE #10



For 6 servings, 1 cup each, you need:

- | | |
|--|----------------------------------|
| 4 cups water | 1 teaspoon finely chopped onion |
| 1-1/2 cups uncooked elbow macaroni | 1 egg |
| 1 teaspoon salt | 1-1/2 cups fluid milk |
| 2 cups (about 1/2 pound) cut-up process cheese | 1/2 teaspoon salt |
| | 1 slice bread |
| | 1 tablespoon butter or margarine |

MENU SUGGESTION

- Green Peas
- Fruit Salad on Lettuce
- Chocolate Ice Cream
- Milk Coffee

<p>①</p> <p>Put 4 cups water in a large pan. Bring to boiling.</p>	<p>Add... 1-1/2 cups uncooked elbow macaroni and 1 teaspoon salt.</p>	<p>Cook 10 to 12 minutes until macaroni is tender.</p>	<p>Drain.</p>
<p>②</p> <p>Cut-up 2 cups (about 1/2 pound) process cheese.</p>	<p>Finely chop onion and measure 1 teaspoon.</p>	<p>Put 1 egg in a large bowl and beat slightly.</p>	<p>Stir in... cheese, onion, 1-1/2 cups fluid milk, and 1/2 teaspoon salt.</p>
<p>③</p> <p>Stir cheese mixture into macaroni.</p> <p>Cook over low heat, stirring to prevent sticking, until cheese melts and mixture thickens.</p>	<p>Cut 1 slice bread into small pieces.</p>	<p>Melt 1 tablespoon butter or margarine in small pan over medium heat.</p>	<p>Put bread in pan. Heat and stir until lightly browned. Serve over macaroni and cheese.</p>

SMART SHOPPER RECIPE

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.