How to Make Cheesy Main Dish

1. Bread 2 cups 2 cups
   Cut in small pieces. Put bread in a large bowl.

2. Cheese 1½ cups Cut in small pieces.
   Add cheese to bread. Stir.

3. Salt ½ teaspoon
   Add salt and margarine. Stir well.

4. Milk 3 cups
   Add milk. Stir well.

5. Eggs 2 eggs
   Break eggs in a bowl. Beat them with a fork.
   Add eggs. Stir well.

6. Spray 9” x 13” pan with nonstick cooking spray.
   Spray mixture into the pan.

7. Put pan in oven. Bake at 350 degrees F. Bake about 30 minutes. It should be firm.

8. Try these meals using Cheesy Main Dish
   Cheesy Main Dish
   Green Beans
   Apple Salad
   Bread
   Butter Beans
   Stewed Tomatoes
   Bread

How to Mix Nonfat Dry Milk to Use in Cheesy Main Dish

Nonfat dry milk 1 cup

Water 3 cups
Cheesy Main Dish has milk and cheese.
Everyone needs milk and cheese.
Your family needs this many servings every day.

Children,
under 9 years of age .................. 2 to 3 servings
Children, 9 to 12 years of age ........ 3 servings
Young people, 13 to 20 years of age .. 4 servings
Adults, over 20 years of age .......... 2 servings
Mothers-to-be ........................ 3 or more servings
Nursing mothers ....................... 4 or more servings

A serving is
1 cup of milk or buttermilk
1 cup of yogurt
1½ ounces of cheddar cheese
2 slices of processed cheese
1½ cups of ice cream
2 cups of cottage cheese

A good diet has meat, poultry, fish, eggs, cheese, or dry beans or peas every day. A good diet has milk and bread. It also has vegetables and fruits.