

"You can eat an egg a day"

"..if you're healthy and know that your cholesterol is at a desirable level.." says



+



*Berkeley Wellness Letter in October 1999.
Eggs are inexpensive and a good source of high quality protein. Try this for a light but filling supper dish. Serve it with kale and sliced oranges and try oatmeal raisin cookies with milk for dessert.*

6 eggs
6 medium potatoes
6 pats margarine
½ cup 1% hot milk
1 TBS chopped parsley
salt & pepper

1. Boil scrubbed potatoes in boiling, salted water until soft. Mash them with the margarine. Add salt, pepper & milk, bit by bit. Add a little hot water if you want a lighter mixture.

2. Spoon mashed potatoes into a lightly greased baking dish. With the back of a soup spoon, form 6 little nests in the mashed potato- each just the right size to hold an egg.

3. Carefully break an egg into each "nest". Sprinkle them with chopped parsley. Cover the dish and bake at 350 till eggs are well cooked. Serve immediately.