

# Eggs: Medium size is the best value

Egg prices are down, even though production is below that of a year ago. Lower exports and the slow economy are two factors contributing to this bonanza for consumers. Prices are expected to rally this fall, but even then price increases will be modest.

Eggs are a good value anytime but are especially attractive now, with meat prices strengthening. Two large eggs are considered equal to a serving of meat. At today's egg prices, that makes the cost a mere 10-12 cents per serving.

Egg prices are determined by grade (measure of quality) and size (weight per dozen) in addition to supply and demand and other market behavior. The most common egg sizes sold in Michigan are extra large, large and medium.

The medium size is the best value. The total cost is less and the medium size is adequate for all recipes and mixes.

The other factor one considers when egg shopping is the grade. If you have a choice between higher priced grade AA eggs and lower priced grade A eggs, choose the grade A. Store sampling shows little difference between the two grades.

Some people who really like eggs would eat more of them if it weren't for something called cholesterol. No general recommendation on dietary cholesterol has been made for the population as a whole. Most experts agree, however, that everyone should avoid obviously high amounts of cholesterol. For most people, an egg a day is not

considered excessive. One must take into account, of course, that eggs are in many foods — lemon pie, noodles, etc. Eggs from these sources must also be counted.

If you've been told by a physician that you have a problem with cholesterol, follow the doctor's advice. In many cases, that will be to limit egg consumption to two eggs per week. But you can sometimes have your cake and eat it, too, to a certain extent. All the cholesterol is in the yolk, so eat less of it, or use only one yolk with two egg whites. The taste is barely altered.

For people who can eat an egg a day, consider keeping a covered container of hard-cooked eggs in the refrigerator. A chilled, hard-cooked egg is a good protein snack for adults and kids. Hard-

cooked eggs also make a handy protein addition to a fruit plate or a tossed salad.

To cook eggs so they will be most flavorful and attractive, hard-cook rather than boil them. Start eggs in cold water at least 1 inch above the surface of the eggs. Quickly bring the water to a rolling boil and cover with a tight-fitting lid. Remove the pan from heat and let it stand for 20 minutes. Pour off the hot water immediately and cool the eggs in cold, running water.

Hard-cooked eggs will be easier to peel if you remove them from the refrigerator six to eight hours before cooking.



Ambrosia Parfait is simple to prepare yet looks elegant.

## Parfait is an elegant dessert

Looking for a dessert that takes company in its stride, and very little effort from you? Search no more.

The answer is our Ambrosia Parfait, a fabulous, fancy, fluffy concoction of fresh fruit, yogurt and chocolate sandwich cookies. Fixed in a jiffy but looking like hours of painstaking preparation, it is truly a dessert to dazzle.

### AMBROSIA PARFAITS

- 20 chocolate sandwich cookies, finely rolled (about 2 cups crumbs)
- 2 (8-oz.) cartons low-fat, vanilla-flavored yogurt
- 2 1/4 cups fresh pineapple chunks (about half medium-size fresh)
- 3 1/2 oz. flaked coconut (about 1 1/2 cups)
- 3 medium oranges

Sprinkle 1 Tbsp. Oreo chocolate sandwich cookie crumbs evenly in bottom of six (10-oz.) standard-size wine glasses or dessert glasses.

In medium bowl, combine yogurt, pineapple chunks and coconut; stir until well blended. Spread about 1/2 cup evenly over crumbs in each glass to form a layer.

Sprinkle 2 Tbsp. cookie crumbs over each yogurt layer to cover. Peel and section 3 oranges; arrange segments evenly in each glass on top of cookie crumb layer.

Reserving 3 tsp. cookie crumbs for garnish, top orange layers with remaining crumbs, cover with remaining yogurt mixture, using approximately 1/4 cup per glass. Sprinkle top of each lightly with 1/2 tsp. cookie crumbs. Chill at least 30 minutes before serving. Garnish with orange peel. Serve immediately. Makes six servings.

## Orange cookies avoid sugar

For those of us with a "sweet tooth," reducing sugar in the diet is difficult. But we know sugars contribute to the decay process.

There are ways to satisfy that sweet tooth without destroying teeth. How? By preparing sweet tasting foods without refined sugar.

Many of the foods we eat contain sugar. When sugar is combined with plaque, the colorless film that daily coats our teeth, acids are formed. These acids attack the teeth, causing tooth decay.

Brushing and flossing to remove plaque are two important ways of protecting teeth. A third way is to keep sugar intake at a minimum. Here is a delicious sugarless recipe for sunny Orange Cookies to tickle your palate, compliments of the American Dental Hygienists' Association.

### ORANGE COOKIES

- 1/2 cup softened butter
- 1 egg
- 1 tsp. grated orange rind
- 1/2 cup orange juice
- 2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 cup chopped nuts
- 1/2 cup seedless raisins

In a bowl, beat egg into softened butter. Stir in orange rind and orange juice. In another bowl, combine the dry ingredients and add to wet ingredients. Beat until well blended, then stir in nuts and raisins. Drop dough by rounded teaspoons onto cookie sheet 2 inches apart. Bake at 375 for 20 minutes until lightly brown. Cool on a wire rack. Store in a tightly closed container. Makes about 2 dozen cookies.

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