

Casserole glows for buffet guests

Even though it's unlikely that the Lions will be there, lots of people will use the Super Bowl as an excuse to invite friends over and share an afternoon of football.

And if you are looking for something new to serve brunch or buffet guests, let Candleglow Casserole light up your table.

Protein-rich eggs and spinach noodles head the list of ingredients in this savory casserole. The eggs make this a nutritious, yet economical, main dish while the noodles provide nutrition, flavor and happy color. Throw out some of your holiday leftovers that you thrifly froze for later use to add more nutrition economically. Simply layer in a cup of diced, cooked turkey, chicken or ham.

CANDLEGLOW CASSEROLE

- 1 pkg. (7 oz.) spinach noodles, cooked and drained
- 1 cup diced, cooked turkey, chicken or ham, optional
- 5 hard-cooked eggs, sliced
- 2 cups (8 oz.) shredded mozzarella cheese
- 3 eggs
- 1 cup (8 oz.) small curd cottage cheese
- 1/2 cup milk
- 1 tsp. instant minced onion
- 1 tsp. garlic salt
- 1/2 tsp. basil leaves, crushed

In greased 12x7x3-inch baking pan or dish, layer 1/2 of the noodles, turkey, if desired, sliced eggs and mozzarella cheese. Repeat layers twice. Beat together 3 eggs, cottage cheese, milk and seasonings until well blended. Pour over layers. Cover and bake in preheated 350° oven 30 minutes. Uncover and continue baking until cheese is lightly browned, 5 to 10 minutes.

"To hard-cook, put eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand covered in the hot water 15 to 17 minutes for large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.) Immediately run cold water over eggs or put them in ice water until completely cooled. To remove shell, crack it by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.



This elegant-looking casserole combines eggs and spinach with other economical ingredients in a taste combination that is sure to please buffet/brunch guests.

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For good bakers

Local spuds do just fine

There's a mistaken notion that seems to be rather prevalent, according to Roy Kaschky.

A lot of homemakers seem to think that if a potato is bagged, "Idaho" on it, the potatoes are intended for baking, but if it says "Michigan" on it, the potatoes are not meant to be baked.

"That's a misconception about Michigan potatoes," said Kaschky, executive director of the Michigan Potato Industry Commission.

"Michigan potatoes make very good bakers. They're good all-purpose potatoes, and that includes baking."

"As good a bargain as Michigan potatoes are right now, at only pennies per pound, consumers who think they have to buy potatoes grown in other states in order to get good baking potatoes are missing a real good bet."

Kaschky thinks there are two main points that need to be made clear.

For one, he stresses, there is no such thing as a potato variety named "Idaho." Actually an Idaho potato is simply a potato grown in Idaho. That state happens to specialize in a variety called Russet Burbank, which has a dry, mealy texture and lends itself well to baking.

But Russet Burbanks are grown elsewhere, too — like Michigan. Michigan Russet Burbanks exhibit the same good characteristics for baking, he said, explaining that the dryness and meanness go with the variety, not the source region.

More Russet Burbanks are produced in Michigan than any other variety, but the majority of them go into the state's processing plants, where they are made into french fries and hash browns.

Many Michigan Russet Burbanks go to grocers' shelves, too, however. Since they are home-grown and don't have to have 2,000 miles of freight charges added into the price at the store, he said, consumers can get just as good a baker for a lot less cost than a western Russet Burbank.

The other point that should be clarified, Kaschky said, is that "round white" potatoes are also good for baking.

Round whites are the other basic type of potato grown in Michigan and account for more fresh-market sales than Michigan Russet Burbanks and have a slightly lighter skin color, though noticeably more brownish than "white."

"Round white potatoes are good any way you want to prepare them," he said. "You can mash 'em, boil 'em and bake 'em. They're good fried, they're ideal for scalloping, they're great in potato salads and they're perfect for creaming. But don't forget that they can be baked."

The texture of baked round whites won't be quite as dry as Russet Burbanks, but the end result is excellent, he said.

He noted that another testimony to that usage came recently at a food dealers' convention banquet featuring all Michigan products. The potato dish was baked Michigan round whites, and there were many compliments on how good they were, he said.

He pointed out that in grocery stores, bags of Michigan potatoes usually do not specify what type or variety is inside, although in some cases Russet Burbanks may have that name prominently displayed.

If not, chances are the contents are one of the round white varieties. "The label won't say they're baking potatoes, either," he said, "but remember — you can use them that way anyway."

"In times like these, most of us are watching our pennies wherever we can. It just makes a lot of sense to try to get the most for our money, and Michigan potatoes are always reasonably priced."

"If you like baked potatoes, get a real bargain next time. Bake a Michigan potato."

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