

Eggs Are Versatile, Nutritious

By ELLY

Eggs are a basic food rich in high quality protein and fairly rich in iron, Vitamin A and riboflavin. One large egg has only 80 calories, so if you're after high nutrition consider the versatile egg.

Poached, baked, stirred, scrambled, boiled or whipped into an omelet eggs are delicious, nutritious and simple to prepare.

EGGS FLORENTINE
IN MORNAV SAUCE
2 boxes frozen chopped spinach, cooked and drained
6 eggs, poached
1/3 c. butter or margarine
1/3 c. flour
3/4 t. salt
1/8 t. cayenne
2 c. milk
1/3 c. heavy cream, whipped
1/3 c. grated Parmesan cheese

Divide spinach into six individual broiler proof baking dishes or 1 1/2 quart baking dish. Make depressions in spinach and put one egg in each. Melt butter and blend in flour and seasonings. Gradually add milk, and cook, stirring constantly, until smooth and thickened. Fold in whipped cream and cheese. Pour over eggs and spinach. Put under broiler until lightly browned and bubbly. Makes six servings.

SPINACH SOUFFLE
3 T. butter or margarine
1/4 c. all-purpose flour
1 t. salt
1/4 t. pepper
1 t. nutmeg
1 c. light cream or milk
1 c. (1 1/4 lb.) grated Swiss cheese
1 c. well-drained finely chopped spinach
3 eggs, separated

Melt butter and blend in flour, salt, pepper and nutmeg. Gradually add cream stirring until well blended. Cook over low heat, stirring constantly, until mixture is thick and smooth. Add cheese and spinach and cook until cheese is melted. Cool. Beat egg whites until stiff, but not dry. Then beat egg yolks until thick and lemon-colored. Add yolks to spinach mixture. Fold in whites. Pour into buttered 1-1/2 quart souffle dish or straight-sided casserole. Bake in preheated slow oven (325 degrees) for 45 to 50 minutes. Makes four to six servings.

BAKED EGGS AND ONIONS
2 large onions
1/4 c. butter
6 hard cooked eggs, sliced
Salt and cayenne to taste
Sauce:
2 T. butter
2 T. all-purpose flour
1-2/3 c. light cream, heated
1 t. prepared Dijon or French mustard
2 T. grated Swiss or Parmesan cheese
1 egg yolk
2 T. milk

Slice onions thinly. Heat butter but do not brown. Cook onions in butter over medium heat for five to seven minutes, or until soft. The onions must remain pale. Butter a shallow baking dish. Arrange alternate layers of eggs and onions. Sprinkle with salt and a little cayenne. Add sauce. Melt butter and stir in flour. Blend in hot cream and cook over medium heat until sauce is thickened, stirring constantly. Add mustard and cheese and cook for two to three minutes longer. Beat together egg yolk and milk. Remove sauce from heat and stir in egg and milk. Pour sauce over sliced eggs and onions and broil quickly under broiler until top is brown and bubbly or bake in preheated hot oven (425 degrees).

CHINESE EGGS FU YUNG
6 eggs
2-1/3 c. bean sprouts
2 T. instant minced onion
1 t. salt
1/2 t. white pepper
1 c. crabmeat or shrimps
Cooking oil
Sauce

Beat the eggs well. Add the drained bean sprouts, onion, salt, pepper and crabmeat. Fry in a little oil in a skillet as you would pancakes. Turn and fry on other side. To prepare the sauce, mix one tablespoon cornstarch and one tablespoon sugar. Add three tablespoons soy sauce and 1/4 cups water. Cook until thickened, stirring. Pour over Eggs Fu Yung. Makes six servings.



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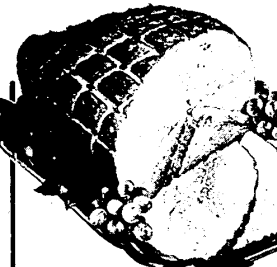
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Round Steak 97¢
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Rump Roast \$1.27
1/2 PORK LOIN SLICED INTO
Pork Chops .77¢
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Pork Roast .46¢
LB

Save 20¢
ON 3 WITH COUPON & \$2.00 PURCHASE OF MORE ASSORTED FLAVORS
Kroger Ice Cream 69¢
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This Sun., February 28, At Kroger in Wayne, Macomb, Oakland, Washtenaw & Livingston Counties. Subject to applicable state & local sales tax. Limit One Coupon.

Kroger Dollar Days!
IN BROWN SUGAR GREEN GIANT
Pork & Beans 10 15¢
WT CANS
IN HALVES
Avondale Apricots 4 13¢
1-LB 13-OZ CANS
FRESH LIKE WHOLE KERNEL OR CREAM STYLE CORN OR CUT
Green Beans .5 12¢
WT CANS
FRESH LIKE FRENCH STYLE GREEN BEANS OR GARDEN
Sweet Peas .5 12¢
WT CANS
ASSORTED PRINTS FACIAL
Puffs Tissue .4 17¢
175-CZ BOXES
AVONDALE PEELED
Tomatoes .5 1-LB 1-LB
CANS

SPRINGDALE GRADE 'A'
Large Eggs 45¢
DOZ

25 TOP VALUE STAMPS
WITH THE PURCHASE OF
SPRUCEWOOD ICED TEA GLASSES 2 FOR 29¢
Good only February 22 thru May 15, 1971 at Kroger.

SHANK PORTION
Smoked Ham 39¢
WHOLE OR BUTT PORTION LB 47¢

SEMI-BONELESS
Whole Ham .68¢
WHOLE
West Virginia Ham .88¢
GLENDALE OLD FASHIONED ROUND OR FLAT
Boneless Ham .89¢
SERVE N SAVE THICK
Sliced Bacon 2 99¢
LB PKG
GORDON'S FAMILY PAK LINK
Pork Sausage 79¢
LB

MARHOEFER BONELESS
Canned Ham 8 56¢
LB CAN

Save 45¢
WITH THIS COUPON & \$3.00 PURCHASE OF MORE SPOTLIGHT
Instant Coffee 89¢
10-OZ WT JAR
This Sun., February 28, At Kroger in Wayne, Macomb, Oakland, Washtenaw & Livingston Counties. Subject to applicable state & local sales tax. Limit One Coupon.

SHOWBOAT SLICED OR WHOLE
Irish Potatoes 8 15¢
15-OZ WT CANS
ASSORTED COLORS BATHROOM
Edon Tissue 4 4-ROLL
PACKS
AVONDALE PURPLE
Plums 4 1-LB 14-OZ
CANS
KROGER
Applesauce 3 2-LB 3-OZ
JARS
CREAM STYLE OR WHOLE KERNEL
Kroger Corn 6 1-LB
CANS
BUSH'S SHOWBOAT
Spaghetti 10 14-OZ
WT CANS

ASSORTED COLORS BATHROOM TISSUE
Family Scott 4 28¢
ROLL PACK

150 TOP VALUE STAMPS
WITH THE PURCHASE OF
Volume 4, World Scope Encyclopedia
Good February 22 thru May 22, 1971 at Kroger.

GOV'T. INSPECTED WHOLE
Fresh Fryers 25¢
LB

FRESH
3-Legged Fryers .33¢
GRADE 'A' ANY SIZE HONEYSUCKLE
Turkeys .48¢
LB
HYGRADE'S SMOKED
Pork Chops .98¢
LB
FRESH PORK STEAK OR BOSTON BUTT
Pork Roast .66¢
LB
6 VARIETIES FROZEN
Jiffy Entrees .2 2-LB 99¢
PKG

FRESH FROZEN WITH BACK ATTACHED
Turkey Legs & Thighs 25¢
LB

Save 27¢
ON 3 WITH THIS COUPON & \$1.00 PURCHASE OF MORE CHICKEN, TURKEY OR BEEF
Kroger Pot Pies 10¢
8-OZ WT PIE LIMIT 3
This Sun., February 28, At Kroger in Wayne, Macomb, Oakland, Washtenaw & Livingston Counties. Subject to applicable state & local sales tax. Limit One Coupon.

SUN GOLD SLICED
White Bread 19¢
1 1/2-LB LOAF
KROGER 2% LOWFAT MILK OR HOMO.
Gallon Milk .89¢
CTN
HILLCREST BRAND
Tomato Juice 1-QT 14-OZ 22¢
KROGER PINT SOUR CREAM, SKIM OR LOW FAT
Chocolate Milk .38¢
1/2-GAL CTN

5 Coverall Stickers
WITH THIS COUPON ON 5-LB TUBE
COUNTRY CLUB HAMBURGER
This Sun., February 28, At Kroger, Dayton & East Mich.
4 Coverall Stickers
WITH THIS COUPON ON TWO PACKAGES
CUT-UP FRYERS, LEGS, THIGHS OR BREASTS
This Sun., February 28, At Kroger, Dayton & East Mich.
10 Coverall Stickers
WITH THIS COUPON ON 5-LB
CANNED HAM
This Sun., February 28, At Kroger, Dayton & East Mich.
4 Coverall Stickers
WITH THIS COUPON ON ANY TWO PACKAGES
KROGER SNACK CRACKERS
This Sun., February 28, At Kroger, Dayton & East Mich.
2 Coverall Stickers
WITH THIS COUPON ON ANY PACKAGE
CHUN KING FROZEN CHINESE FOOD
This Sun., February 28, At Kroger, Dayton & East Mich.
3 Coverall Stickers
WITH THIS COUPON ON THREE 8-OZ PACKAGES
KROGER LUNCH MEATS
This Sun., February 28, At Kroger, Dayton & East Mich.
4 Coverall Stickers
WITH THIS COUPON ON 2-LBS OR MORE
CENTER CUT HAM SLICES
This Sun., February 28, At Kroger, Dayton & East Mich.
3 Coverall Stickers
WITH THIS COUPON ON ANY JAR
KROGER PICKLES
This Sun., February 28, At Kroger, Dayton & East Mich.
4 Coverall Stickers
WITH THIS COUPON ON ANY 2-LB 4-OZ
KROGER FROZEN FRUIT PIES
This Sun., February 28, At Kroger, Dayton & East Mich.
2 Coverall Stickers
WITH THIS COUPON ON ANY PKG COLBY
LONGHORN CHEESE
This Sun., February 28, At Kroger, Dayton & East Mich.