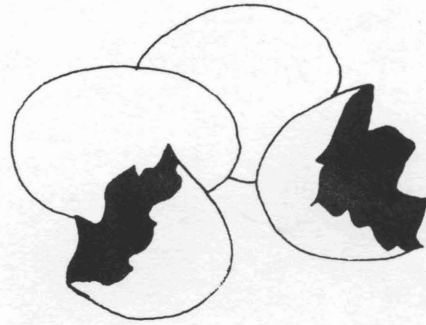


## Seniors Think About...

### BUYING EGGS

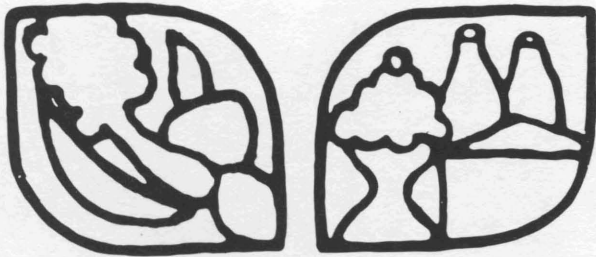
Egg size indicates weight of the eggs.

Egg grade indicates quality of the eggs.



Save money by buying eggs according to intended use.

- Use grades AA and A — the top quality grades — for frying and poaching.
- Use grade B for scrambling, poaching and general cooking as in casseroles or cakes when appearance of the egg is not important.

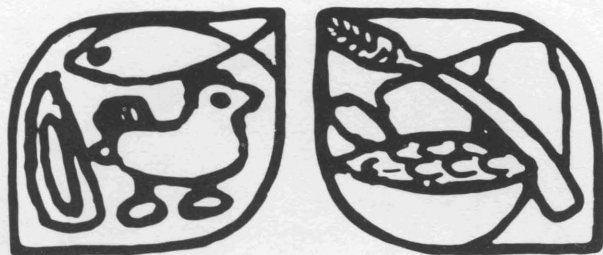


Store eggs in the refrigerator with the large end up.

Eggs are a good source of . . .

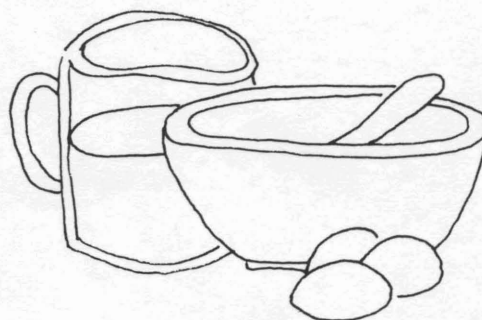
### PROTEIN.

Protein builds and repairs muscles and other cells of the body.



## BAKED EGG CUSTARD

- 1½ cups milk
- 2 whole eggs
- 3 tablespoons sugar
- ⅛ teaspoon salt
- ½ teaspoon vanilla
- Nutmeg or cinnamon if you like



- Heat milk until hot, but not boiling.
- Beat eggs in a large bowl.
- Add sugar and salt.
- Add milk slowly, stirring all the time.
- Mix in vanilla.
- Pour into baking dish or individual custard cups. Set cups in a pan of hot water.
- Sprinkle with nutmeg or cinnamon, if desired.
- Bake at 300 F. (slow oven), about 1 hour or until a knife stuck in the center comes out clean.
- Makes 3 servings, ⅓ cup each.

This publication was prepared by Linda Jacobsen McCormack, former Extension foods and nutrition specialist, and Marilyn A. Haggard, Extension foods and nutrition specialist, The Texas A&M University System, College Station, Texas.

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