



Lipton Cup-a-Soup™ When you want a cup of real soup instantly.

You can enjoy delicious Chicken Noodle Soup without washing a pot or bothering with leftovers. Just make Lipton Cup-a-Soup... and get real chicken chunks, lots of enriched

noodles and parsley. Or Tomato, Green Pea, Onion and Beef Flavor Noodle. They're all real soup—as only Lipton can make them. So enjoy them. Anywhere. Anytime.




Eat the basic 4 foods every day.

Cook rice, following label directions. Combine the cooked rice and cheese. Combine the eggs, parsley, salt and pepper. Stir the two mixtures together and add the raw spinach. Pour into a buttered 10-cup casserole. Top with wheat germ which has been mixed with the melted butter. Bake at 350° for 35 minutes.

RICOTTA LASAGNE SWIRLS

This is an especially attractive dish and much lighter than most Italian-style pasta dishes.

Bake at 350° for 20 minutes. Makes 4 servings, each 32% of the Recommended Daily Protein Allowance.

8 cooked lasagne noodles

Filling

- 1 pound fresh spinach, washed and finely chopped
- 2 tablespoons grated Parmesan cheese

- 1 cup ricotta cheese
 - ½ teaspoon salt
 - Dash of pepper
 - ¼ teaspoon ground nutmeg
- Sauce
- 2 cloves garlic, minced
 - 1 medium-size onion, chopped (½ cup)
 - 2 tablespoons vegetable oil
 - 2 cans (8 ounces each) tomato sauce
 - ½ teaspoon leaf basil, crumbled
 - ½ teaspoon salt
 - Dash of pepper

Steam spinach until it is quite limp, but not mushy. You don't need any water to do this. Just put the washed spinach in a pan which has a tight-fitting lid and cook it over low heat about 7 minutes. Mix the spinach with the cheeses, salt, pepper and nutmeg. Coat each noodle with 2 or 3 tablespoons of the mixture along its entire length; roll up; turn on

end so that you see the spiral, and place in a shallow baking pan. Sauté the garlic and onion in the oil, then combine with remaining sauce ingredients. Pour sauce over all rolled-up noodles. Bake in moderate oven (350°) for 20 minutes.

GOURMET CURRIED EGGS ON TOAST (or RICE)

This simple casserole has a truly "gourmet" flavor. It is especially good served with cooked spinach, asparagus or broccoli.

Bake at 350° for 20 minutes.

Makes 4 servings, each 37% of the Recommended Daily Protein Allowance.

- 2 tablespoons butter or margarine
- 3 tablespoons flour
- 2 teaspoons curry powder
- ¼ cup dry sherry
- 2 cups milk
- ½ teaspoon salt
- Dash of pepper
- 8 large eggs, hard-cooked
- 2 tablespoons bacon-flavored protein bits
- ½ cup shredded Swiss cheese
- 4 slices toast (or 1½ cups raw rice, cooked)

Melt butter or margarine over low heat (preferably in the top of a double boiler). Blend in the flour and curry powder. Slowly add sherry and milk, then salt and pepper. Cook 5 minutes, stirring. (Sauce will seem thin now but it thickens in baking.) Place eggs, sliced in half, in a buttered casserole. Cover with curry sauce. Sprinkle with "bacon" bits and shredded cheese. Bake in moderate oven (350°) for 20 minutes. Serve over toast (or rice).

CON QUESO RICE

This is an ideal dish for a buffet dinner. My guests always ask for this recipe!

Bake at 350° for 30 minutes.

Makes 6 servings, each 39% of the Recommended Daily Protein Allowance.

- 1½ cup raw brown rice
- ½ cup dry black beans or black-eyed peas
- 3 cloves garlic, minced
- 1 large onion, chopped (1 cup)
- 2 tablespoons vegetable oil
- ½ pound ricotta cheese, thinned with ¼ cup milk
- 3½ cups shredded Jack or Cheddar cheese
- 1 can (4 ounces) green chili peppers, seeded and chopped

Cook rice and beans or peas, following label directions for each. Sauté garlic and onion in oil until soft. Mix ricotta with 3 cups of the Jack or Cheddar cheese. Mix rice, beans, garlic, onion and chili peppers. Layer this mixture alternately in a greased, shallow, 12-cup casserole with cheese and ricotta (spreading evenly over casserole). End with rice mixture. Bake at 350° for ½ hour. During last 5 minutes of baking, sprinkle shredded cheese over the top.

QUICK BAKED POTATOES

If potatoes are boiled about 5 minutes, then put into hot oven to bake, they will be done in about half the time.—Mrs. Janis Chudleigh, Bloomington, Ind.