



Cheese

Low-fat American Processed Cheese

Cheese is a good source of calcium and protein. Processed cheese has twice as much sodium (salt) as cheddar cheese, but the same amount of fat.

Nutrition Information

Cheese is part of the milk group. Foods from the milk group provide important nutrients like calcium.

Based on MyPyramid, 2 ounces of processed cheese provides 1 cup of milk from the milk group.

A typical person should try to eat/drink 3 cups of milk or foods that are equal to one cup of milk each day.



Storing

1. Open block of cheese.
2. Check for mold. If it has mold, the entire block should be thrown away.
3. Cut the blocks of cheese into smaller blocks. The blocks should be equal to the amount you can use in one week.
4. Wrap each block well. Use one of the following: heavy duty aluminum foil, plastic freezer wrap, or freezer bags.
5. Store the cheese in the freezer until needed. If you cannot freeze it, store in the refrigerator.
6. Thawing in the refrigerator in the unopened package is recommended. Use cheese as soon as possible after thawing.

Uses

- ✓ Use slices of cheese on sandwiches or hamburgers.
- ✓ Make cheese toast for breakfast.
- ✓ Eat with crackers for a snack.
- ✓ Cut into cubes and use in salads, cooked vegetables, scrambled eggs, or casseroles.
- ✓ Add to biscuit dough or slice and place inside hot biscuits.

Know how. Know now.



Recipes and Tips

Cheese dishes should be cooked at a low temperature for a short time. Overcooking causes the cheese to become tough and stringy. Processed cheese is not recommended for grinding, grating or shredding.



Midwest Chowder

6 servings

3 c. water	$\frac{3}{4}$ c. non-fat dry milk
$\frac{1}{4}$ tsp. salt	1 c. water
2 c. potatoes, peeled & diced	8 oz. low-fat American cheese, cubed
$\frac{1}{2}$ c. carrots, chopped	1 (15 oz.) can cream-style corn
$\frac{1}{4}$ c. onion, chopped	
$\frac{1}{4}$ c. all-purpose flour	

1. In a large sauce pan, bring water, salt, potatoes, carrots and onion to a boil. Reduce heat and simmer for 10 minutes.
2. In a small bowl, mix flour and dry milk together until well blended. Slowly add 1 cup of water while stirring.
3. Slowly add this liquid to the cooked vegetables.
4. Cook over medium heat, stirring constantly, until mixture is thick and smooth.
5. Add cubed cheese, stirring until melted.
6. Add cream-style corn and heat thoroughly but do not boil.

Nutrition Information per Serving: Calories 220, Total Fat 3 g (5% DV), Saturated Fat 1.5 g (9% DV), Cholesterol 10 mg (3% DV), Sodium 590 mg (25% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 2 g (10% DV), Sugars 8 g, Protein 16 g, Vitamin A 30%, Vitamin C 20%, Calcium 30%, Iron 6%.



Chili Con Queso Dip

18 servings

1 lb. processed cheese food, cut into chunks	1 T. hot chili peppers, finely chopped
$1\frac{1}{2}$ c. low-fat milk	$\frac{3}{4}$ c. canned chopped tomatoes
1 tsp. prepared mustard	tortilla chips (optional)
2 T. white vinegar	

1. In a double boiler or heavy saucepan over very low heat, melt cheese and milk together, stirring often.
2. After the cheese and milk become a smooth mixture, stir in mustard and vinegar.
3. Cook for another 2 to 3 minutes, stirring often.
4. Remove from heat and add chili peppers and tomatoes. Stir well.
5. Serve hot with tortilla chips.

Nutrition Information per Serving: Calories 90, Total Fat 7 g (10% DV), Saturated Fat 4 g (19% DV), Cholesterol 20 mg (7% DV), Sodium 360 mg (15% DV), Total Carbohydrate 4 g (1% DV), Dietary Fiber 0 g (0% DV), Sugars 3 g, Protein 5 g, Vitamin A 6%, Vitamin C 2%, Calcium 15%, Iron 2%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.