

Cooking with CHEESE

- Cheese melts and blends better if you shred it or cut it into small pieces.
- To shred cheese with a soft texture, use a grater with large holes, or finely chop it while it is cold.
- Cheese microwaves well, but FAST. Try 15-30 seconds then check and add more time if needed.
- To keep cheese from becoming tough and stringy, cook it at a low temperature and always add the cheese at the end of the cooking time.
- Reduced fat cheese melts better than fat free cheese.
- Use reduced fat versions of your favorite cheeses.
- Use sharp instead of mild cheddar cheese to get more flavor with less cheese.
- Use part skim mozzarella cheese for cheddar or jack.

THE 3 "C's" OF STORING CHEESE

COVERED - Cover cheese tightly in plastic wrap or foil after opening to keep airtight.

COLD - Store cheese in the refrigerator at 34-38 degrees.

CLEAN - Store in a CLEAN container or cover with new plastic wrap or foil after each use.

WHAT'S IN YOUR CHEESE?

1 oz Slice/Cube or ¼ cup Shredded	Cheddar, Colby, Jack	Reduced Fat Cheddar, Colby, Jack	Mozzarella Part Skim Milk
Calories	112	90	72
Fat	9.0	6.0	4.5
Saturated Fat	6.0	4.0	2.8
Protein	7.0	7.0	7.0
Calcium	20%	20%	22%

Recipe: APPLE CHICKEN QUESADILLA

Ingredients:

4 whole wheat tortillas
1 cup chicken, cooked and shredded
1 cup reduced fat cheddar cheese, grated
1 apple, thinly sliced
¼ cup salsa

Directions:

Heat a large skillet over medium heat. Place tortilla on skillet. Sprinkle ¼ cup of cheese on half of the tortilla. Add ¼ cup chicken on top of cheese. Add a thin layer of apples and salsa. Fold tortilla in half. Flip and cook both sides of the quesadilla. Remove from heat when cheese has melted and cut into triangles. Repeat for remaining tortillas.

Serves: 4



Adapted from *Let's Cook*, NEVHC Program, 2010

Recipe: VEGETABLE CHOWDER

Ingredients:

¼ cup red bell pepper, chopped
¼ cup onion, chopped
2 tablespoons olive oil
½ cup celery, chopped
½ cup cauliflower, chopped
½ cup carrots, diced
½ cup broccoli, chopped
3 cups vegetable broth
¼ teaspoon salt and pepper
½ cup all-purpose flour
1½ cups lowfat milk
1 tablespoon fresh parsley, chopped
2 cups sharp cheddar cheese, shredded

Directions:

In a pot, sauté the pepper and onions in olive oil until tender. Add remaining vegetables,

broth, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered for 20 minutes, or until the vegetables are tender. In a small bowl or cup, combine flour and milk and mix with a whisk until smooth; stir slowly into soup. Bring soup to a boil and cook, stirring occasionally for 2 minutes to allow to thicken. Just before serving, mix in the parsley and cheese until melted. Serve with whole wheat toast.

Serves: 6



Source: *Let's Cook*, NEVHC WIC Program, 2003

Recipe: EGGPLANT LASAGNA

Ingredients:

Cooking spray
1 tablespoon olive oil
1 medium onion, sliced
1 clove garlic, minced
4 large tomatoes, thinly sliced
1½ teaspoons dried basil
1½ teaspoons dried oregano
1½ teaspoons salt
1 medium eggplant, thinly sliced
8 ounces part-skim mozzarella cheese, shredded

Directions:

Preheat oven to 425°F. Coat baking dish with cooking spray and set aside. In a skillet over medium-high heat, sauté onions and garlic

in olive oil until tender. Add tomatoes, basil, oregano and salt. Sauté until tomatoes are tender. Spread one quarter of tomato mixture into greased baking dish. Place one layer of eggplant over tomato mixture. Sprinkle with one quarter of mozzarella cheese. Continue to layer tomato mixture, eggplant and cheese, finishing with cheese. Cover with aluminum foil and bake for 25 minutes or until eggplant is tender. Uncover and bake for an additional 10-15 minutes until cheese is light brown.

Serves: 9

Source: *Let's Cook with Fruits & Vegetables*, NEVHC WIC Program, 2010