

# DAIRY MAKES SENSE

# Cheese

## FACTS AND TIPS

Did you  
know?



- Cheese may help children eat more fruits, vegetables and whole grains when added or eaten with these foods.
- Cheese contributes high-quality protein as well as calcium, phosphorus and vitamin A to the diet.
- Reduced-fat cheese provides the same essential nutrients as regular cheese and tastes great.



## CHEESY SNACKS

### SALSA ROLL UP

Roll a stick of string cheese into a whole wheat tortilla and dip in salsa.

### CHEESE KABO

Alternate small slices of apples or other fruit and Cheddar cheese squares on wooden skewers.

### ZESTY TORTILLA

Top a whole wheat tortilla with fat-free refried beans. Sprinkle on shredded pepper jack cheese (or Monterey Jack cheese topped with salsa) and melt in microwave.



## Lactose Intolerant?

### TRY CHEESE!

Natural cheeses such as Cheddar, Colby, Monterey Jack, Mozzarella and Swiss contain little or no lactose.

## WHAT IS A SERVING SIZE



# OF CHEESE?

**1½ OUNCES OF NATURAL CHEESE  
WHICH LOOKS LIKE 4 DICE-SIZED CUBES**

## COOKING WITH CHEESE

- Cheese melts and blends better if you shred it or cut it into small pieces.
- Use reduced-fat versions of your favorite cheeses.
- Cheese microwaves well. Try 15-30 seconds then check and add more time if needed.

### PITA PIZZA FACES

*Servings: 6*

6 whole wheat pitas or sandwich thins

¾ cup tomato

1 ½ cups shredded part-skim mozzarella or  
Cheddar cheese

2 tablespoons sliced black olives

3 cherry tomatoes, sliced

1 small bell pepper, any color

6 basil or lettuce leaves, optional



Preheat oven to 400 degrees F. Place pitas or sandwich thins on a greased cookie sheet. For each pita or sandwich thin, top with 2 tablespoons tomato sauce. Sprinkle ¼ cup cheese on top of sauce. Make a face using 2 olives for eyes, 1 tomato slice for nose and 1 pepper strip for smile (or use your imagination with the ingredients on hand). Bake for 10-12 minutes or until cheese is melted. After baking and slightly cooled, use a basil leaf or lettuce leaf to make eyebrows and bow tie (optional).

This recipe and other dairy  
delicious recipes can be found at  
**MidwestDairy.com**



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