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

6 whole wheat pitas or sandwich thins
¾ cup tomato
1½ 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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