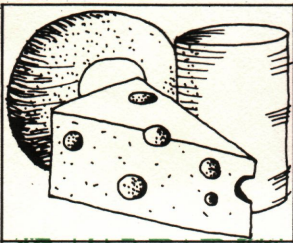


# CHEESES



cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

**Cheese can “spice up” the plainest of dishes. Treat your family to cheese to ensure adequate consumption of nutrients from the dairy foods group.**

### Nutritional Value

Cheese is a good source of calcium and protein. Other important nutrients include riboflavin and vitamins A, B<sub>6</sub> and B<sub>12</sub>.

### Uses

Cheese can be used in a wide variety of ways—sauces, casseroles, salads, pastries, fondues and quiches. Very hard cheeses, such as Romano and Parmesan, are usually grated and used in dishes or as a tasty garnish on top of foods.

### Special Consideration

Use low or medium temperatures when cooking dishes containing cheese to prevent a tough product.

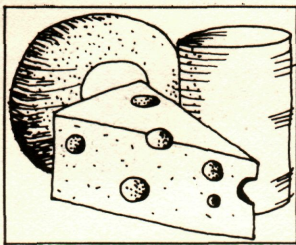
### How to Store Cheeses

Keep all cheeses tightly packaged in moisture-resistant wraps such as plastic wrap, foil or plastic food bags. All cheeses are perishable and should be stored in the refrigerator.

If the outside of hard cheeses becomes moldy, cut one-half to one inch below the mold. Throw moldy outer pieces away. Small amounts of mold won't affect the flavor of most cheeses. If mold growth is extensive, the cheese is spoiled and should be discarded.

**Hard Cheeses** (Cheddar, Swiss, mozzarella, Colby and similar types): Cut in family size pieces and wrap in freezer-quality wrap and store in the freezer. Thaw in refrigerator as needed. Use frozen hard cheese within 4 months.

**Soft cheeses** (ricotta, cream cheese, cottage cheese, farmer's cheese and similar types): Package in airtight freezer containers or freezer wrap. Creamed cottage cheese and cream cheese change in texture when frozen. If you plan to freeze these products, they are only suitable for baked foods once thawed. Use frozen soft cheeses within 3 months.



cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

cheeses

## Tomato-Cheese Macaroni

- 1 10-3/4 ounce can condensed tomato soup
- 1/2 cup milk
- 2 cups sharp cheese, grated
- 1/4 cup parsley, finely chopped
- 4 cups cooked macaroni (2 cups uncooked)
- 2 tablespoons buttered bread crumbs

Heat soup, milk and 1½ cups cheese over low heat. When cheese melts, add parsley. Blend with macaroni; pour into a buttered 2-quart casserole. Top with remaining cheese and bread crumbs. Bake 20 minutes at 400°F.

Serves 6.

## Quiche Lorraine

- 1/2 pound bacon
- 1/4 pound Swiss cheese, grated
- 3 eggs, beaten
- 2 cups milk
- dash pepper
- 1 (8- or 9-inch) pie crust, unbaked

Fry bacon until crisp. Crumble into pastry lined pie pan. Sprinkle Swiss cheese over bacon. Beat eggs; add milk, salt and pepper. Stir together until well blended and pour over the bacon and cheese. Bake at 400°F. for 35 to 45 minutes.

Makes 8 servings.

Prepared by Sally Wheeler, Livingston County Extension Home Economist, and Virginia Messina, Extension Food and Nutrition Specialist, MSU.

## Macaroni Pizza

- 7 ounce package macaroni
- 2 eggs
- 1-1/4 cups milk
- 1/8 teaspoon pepper
- 1 8-ounce can tomato sauce
- 1 teaspoon oregano
- 1-1/2 cups mozzarella or Provolone cheese, grated

Preheat oven to 400°F. Grease a 9-inch baking dish. Cook macaroni in boiling salted water until tender; drain. Beat together eggs and milk with a fork. Mix in macaroni and pepper. Use mixture to line a greased 9-inch baking dish. Bake 10 minutes, or until set. Spread or pour tomato sauce over macaroni, sprinkle with oregano and grated cheese. Bake another 10 minutes.

6 servings.

## Cheese Egg Souffle

- 8 slices white bread, cubed
- 6 eggs, well beaten
- 2 cups milk
- 1 tablespoon butter
- 1/2 teaspoon onion flakes or fresh onion
- 3/4 cup Cheddar cheese, grated

Combine eggs, milk, butter and seasonings. Beat well. In an ungreased 2-quart casserole, alternate layers of bread and cheese. Cover with liquid mixture. Bake at 350°F. for about 1 hour until golden brown.

Serves 6.

O-18746

MSU is an affirmative-action, equal-opportunity institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, sex, or handicap.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Ray Gillespie, Interim Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

Reprint 6:90-5M-TCM-UP-Price 10 cents, single copy free to Michigan residents.