Milk Group: Stretch Your Dairy Dollars

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MILK GROUP
Stretch Your Dairy Dollars

Buy It
• Shred or slice cheese at home.
• Individually wrapped cheese slices are easy to use, but expensive.
• Buy cheese in blocks and make cheese spreads.
• Use instant, nonfat dry milk in recipes that call for milk.

Reconstituting Nonfat Dry Milk

Store It
• Store nonfat dry milk in a tightly closed container to keep out moisture. Store container in a cool, dry place. If properly stored, nonfat dry milk will stay fresh for up to six months.
• Keep fresh milk or reconstituted dry milk covered, and store it on a low shelf in the back of the refrigerator. This is the coldest part of the refrigerator.

• Refrigerate unopened cheese in its original wrapper. After opening, wrap well and store in the refrigerator or refrigerate in a tightly closed container.
• If hard cheese has a moldy spot, trim it back 1 inch before eating.
• If soft cheese or cottage cheese gets moldy, do not eat it.
• For longer storage, freeze extra cheese. Cheese will stay fresh in the freezer for up to six months. (After thawing, the cheese may crumble easily, but the flavor will be good.)

Prepare It
• Grated or diced cheese melts faster and blends better with other ingredients. To make about 2 cups of grated cheese, start with ½ pound.
• Cold cheese grates more easily than cheese at room temperature.

Milk Group
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• Cook milk products gently. When a dish contains large amounts of milk, cheese, or yogurt, use low heat. If cooked too long or if cooked over high heat, milk and yogurt will curdle and cheese will become tough and stringy.

• If possible, add cheese and yogurt during the last few minutes of cooking; allow just enough time to melt or heat through.

Queso Dip

2 cups process cheese, shredded
½ cup chunky salsa or diced tomatoes with green chili peppers

1. Microwave cheese and salsa in a 1-quart microwavable bowl on high for 3 to 4 minutes or until cheese is melted, stirring halfway through.

2. Serve hot with tortilla chips or raw vegetables.

Yield: 8 servings
Per serving: 120 calories; 9 g fat; 25 mg cholesterol; 560 mg sodium
Calcium: 1 serving equals ½ cup milk

Cheese Spread

1 cup cheese, shredded
½ cup evaporated milk
1 tablespoon pimiento, chopped

1. Put cheese and milk into a small saucepan.

2. Cook over low heat, stirring constantly until cheese is melted.

3. Add pimiento.


5. Serve as a spread on crackers or bread. (The hot mixture is good served as a sauce over vegetables.)

6. Store mixture in the refrigerator.

Yield: 6 servings
Per serving: 93 calories; 6 g fat; 21 mg cholesterol; 142 mg sodium
Calcium: 1 serving equals ½ cup milk