

E-1707

## Using and Storing Processed Cheese

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*Processed cheese adds variety to many dishes. Keep some on hand for meals or snacks. To get the most food value from your processed cheese — store it right.*

### HOW TO STORE PROCESSED CHEESE

1. Remove cheese from its wrapper and check the surface for mold. If it has mold on it, cut  $\frac{1}{2}$ -inch below the mold. Throw the moldy outside pieces away.
2. If you have a large block of cheese, cut it into smaller pieces that can be used up within one week.
3. Store the cheese blocks in the freezer until they are ready to be used. Freezing cheese will help it stay fresh longer. If you cannot freeze it, store cheese in the refrigerator or another cool place.
4. To freeze cheese, wrap each block well. Use one of the following:
  - heavy duty aluminum foil
  - plastic freezer paper
  - freezer bags

If you don't have any of these wraps, you can use one of the wraps listed below, but they won't protect the cheese as well:

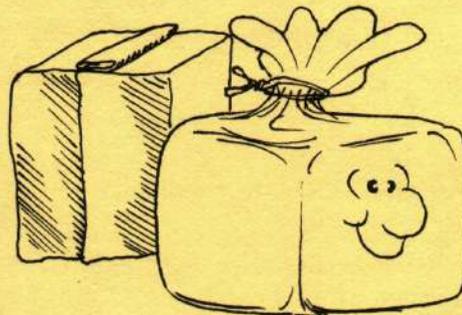
- waxed paper
- regular aluminum foil
- plastic wrap
- a clean plastic bread bag.

Frozen cheese will remain fresh up to four months if properly stored.

### HOW TO USE PROCESSED CHEESE

Processed cheese can be used in many ways:

- Slice it and use in sandwiches or on hamburgers.
- Make cheese toast for breakfast.
- Eat it with crackers for a snack.
- Shred it and put on salads or cooked vegetables, in scrambled eggs, on top of casseroles or tacos, or in soups.
- Add to biscuit dough or slice and place inside hot biscuits.
- Or try one of the recipes on the other side.



### PROCESSED CHEESE IS GOOD FOR YOU

Processed cheese is a good source of calcium and protein. If you are on a special diet, remember that processed cheese has about twice as much sodium (salt) as cheddar cheese, but the same amount of fat.

# Cheese Recipes

## MACARONI AND CHEESE

*(this recipe makes enough for 6 people)*

- 2 cups macaroni
  - 3 tablespoons margarine
  - 2 tablespoons flour
  - 2 cups milk
  - $\frac{1}{4}$  cup finely chopped onion (optional)
  - 2 cups shredded cheese
1. Boil macaroni until tender, about 10 minutes. Drain.
  2. In a saucepan, melt margarine; blend in flour until smooth.
  3. Add milk; cook and stir until thick and bubbly.
  4. Add cheese and onion; stir until melted.
  5. Mix cheese sauce with macaroni and turn into baking dish.
  6. Bake at 350°F. for 35 to 40 minutes or until heated through.

*Macaroni and cheese is good for lunch or supper. Serve it with stewed tomatoes and a green salad.*

## CHEESE SAUCE

*(this recipe makes 2 cups of sauce)*

- 4 tablespoons margarine
  - $\frac{1}{4}$  cup flour
  - 2 cups milk
  - $1\frac{1}{2}$  cups cheese, cut in small pieces
1. Melt margarine in a saucepan. Take saucepan from heat.
  2. Add flour. Stir until smooth.
  3. Add milk to flour mixture, a little at a time. Stir until there are no lumps.
  4. Cook sauce over medium heat until it is thick, stirring constantly.
  5. Cut cheese in small pieces and add to sauce. Stir until cheese is melted.

*Cheese sauce is good on rice, spaghetti, toast, potatoes, broccoli, and cabbage.*

## CHEESE AND RICE BAKE

*(this recipe makes enough for 4 people)*

- 1 cup cheese, cut in small pieces
  - 2 cups cooked rice
  - 3 eggs
  - 1 cup milk
  - 2 tablespoons margarine
1. Mix rice and cheese in a mixing bowl.
  2. Beat eggs and milk together in a separate bowl.
  3. Pour egg mixture over rice. Stir.
  4. Pour rice mixture into a greased baking pan.
  5. Dot top of casserole with margarine.
  6. Bake at 325°F. for 30 minutes.

*Serve cheese and rice bake for supper with a green vegetable and baked apples.*

## CHEESE CASSEROLE

*(this recipe makes enough for 6 people)*

- 6 slices bread
  - 2 tablespoons margarine
  - $1\frac{1}{2}$  cups cheese, cut in small pieces
  - $\frac{1}{2}$  medium size onion, chopped
  - 3 eggs, well beaten
  - 3 cups milk
  - 1 tablespoon mustard
1. Spread bread with margarine. Cut each slice in 4 pieces.
  2. Lay bread pieces in the bottom of a greased baking pan.
  3. Sprinkle cheese and onions over bread.
  4. Break eggs in a bowl and beat. Add milk and mustard. Stir.
  5. Pour milk and egg mixture over bread and cheese.
  6. Bake at 325°F. for 40 minutes.

*Serve cheese casserole for supper with cole slaw and tomatoes.*