



## May 2018 Newsletter

### Cheese Facts

Cheese is a food source that most people love. Cheese comes in many varieties and offers an abundance of tastes, depending on the type of cheese you choose. It is also a food that is versatile in that it compliments many main dishes, is an excellent snack food, and is great with sandwiches, soups, burgers, and even some desserts.

Natural cheeses can be ripe or unripe and are categorized according to hardness:

1. Soft: These include Brie, cottage, ricotta, and others.
2. Semi-soft: Includes Gouda, Havarti, and Jack.
3. Semi-hard: Includes cheddar cheeses.
4. Hard: Includes Parmesan, Asiago, and others suitable for grating.

Processed cheese is a blend of fresh and aged natural cheeses. It has a milder flavor and melts better than natural cheese.

#### Calories:

It is difficult to list an exact calorie count in cheese because of the many varieties of cheese and the ways in which they are made. However, cheese can be a useful part of a healthy meal plan because it provides us with protein, calcium, and vitamin B12.

#### Storing Suggestions:

After purchasing cheese, store the cheese in its original wrapping until you're ready to use it. Once the cheese is removed from its original packaging, wrap it tightly with plastic wrap or foil or double-wrap the cheese and place it in a sealed container before refrigerating after each use.

Generally, hard cheeses have longer shelf lives than softer. Hard cheeses will normally keep for several months while softer cheeses will keep from one to three weeks after opening. Unopened packages of processed cheese can be used up to six months if refrigerated properly. Opened packages should be used within one to three weeks.

*Tip:* Shred cheese or cut it into small pieces prior to melting for best results.



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### Recipe of the Month

(Source: adapted from the USDA Mixing Bowl)

*This hearty soup is filling and versatile. Add ham, chicken, or other meat for more protein.*

### Cheese and Corn Chowder (6 servings)

#### Ingredients:

2 cups of potatoes (diced)  
1 cup of sliced carrots  
1 cup of chopped celery  
½ cup of chopped onion  
¼ teaspoon of pepper  
1 can of cream-style corn  
1 ½ cups of non-fat milk  
½ cup of shredded cheddar or American cheese

#### Directions:

1. Combine the potatoes, carrots, celery, onion and seasonings in a pan. Add 1 cup of water. Cover and simmer for 10 minutes.
2. Add the corn and pepper. Cook for 5 more minutes or until the vegetables are cooked.
3. Add the milk and cheese. Stir until the cheese melts and the chowder is heated through. Do not boil.
4. Serve hot.



*164 Calories, 4g Total Fat, 2g Saturated Fat, 7g Protein,  
118 mg Sodium, 28g Carbohydrates, 3g Dietary Fiber,  
168 mg Calcium*

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