



## CHEESE, AMERICAN AND SKIM MILK BLEND

Date: October 2012 Code: 100035

### PRODUCT DESCRIPTION

- Blended American and skim milk cheese is a pasteurized process blend of natural cheeses. It offers a lower fat option compared to pasteurized process American cheese. This cheese is milder in flavor than natural cheese and is easy to melt.

### PACK/YIELD

- Blended American and skim milk cheese is sliced and packed in 2 pound loaves, which is about 42 servings ( $\frac{3}{4}$  ounce or 1 slice each) of cheese.

### STORAGE

- Store unopened packages of American and skim milk blend cheese in the refrigerator until ready to use.
- After opening, re-wrap cheese tightly in clean wrap and store in the refrigerator.
- It is not recommended to freeze.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Serve blended American and skim milk cheese directly from the package in sandwiches or on top of salads.
- Use in soups, casseroles, or breads.
- Melt on toast for an easy snack, or serve with cut-up fruit.
- When using as a topping on soups or hot dishes, remove the dish from the heat and then stir in the cheese until melted.

### NUTRITION INFORMATION

- 2 ounces of processed cheese counts as 1 cup from the MyPlate.gov Dairy Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 slice of blended American and skim milk cheese provides 10% of daily calcium needs.

### FOOD SAFETY INFORMATION

- If you see mold on the cheese, cut off at least 1 inch all around the mold spot; do not cut through the mold with your knife. Cover tightly with clean wrap.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size:  $\frac{3}{4}$  ounce (21g) blended American and skim milk cheese

#### Amount Per Serving

<b>Calories</b>	50	<b>Calories from Fat</b>	25
-----------------	----	--------------------------	----

#### % Daily Value\*

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 2g	<b>9%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 4g	

Vitamin A	4%	Vitamin C	0%
Calcium	10%	Iron	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## CHEESY RICE SQUARES

MAKES ABOUT 8 SERVINGS

### Ingredients

- 1 cup blended American and skim milk cheese, cut into small pieces
- 3 cups white rice, cooked
- ½ cup fresh parsley, chopped (if you like)
- ¼ cup onion, chopped
- ½ teaspoon salt
- 3 eggs, beaten
- 1 ½ cups evaporated milk
- 1 teaspoon Worcestershire sauce (if you like)
- Nonstick cooking spray

### Directions

1. Preheat oven to 350 degrees F and coat a 9x9-inch baking pan with nonstick cooking spray.
2. In a bowl, combine the rice, cheese, onion, and salt. If using parsley, add that too.
3. In a separate bowl, combine the eggs and milk. If using worcestershire sauce, add that too. Pour over rice. Mix well.
4. Pour into a 9x9-inch baking dish.
5. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

Nutritional Information for 1 serving (about 1 square) of Cheesy Rice Squares							
<b>Calories</b>	190	<b>Cholesterol</b>	100 mg	<b>Sugar</b>	0 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	60	<b>Sodium</b>	230 mg	<b>Protein</b>	11 g	<b>Calcium</b>	237 mg
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	22 g	<b>Vitamin A</b>	83 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	3.5 g	<b>Dietary Fiber</b>	0 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*

## VEGETARIAN STUFFED PEPPERS

MAKES ABOUT 6 SERVINGS

### Ingredients

- 1 cup blended American and skim milk cheese, cut into pieces
- 2 eggs
- 1 cup nonfat dry milk
- 1 ½ cups white rice, cooked
- 1 can (about 15 ounces) low-sodium corn, drained
- 1 onion, chopped
- ½ teaspoon black pepper
- 1 ½ teaspoons garlic powder
- 3 medium green peppers, cut in halves, center removed
- 1 can (about 15 ounces) low-sodium tomatoes, drained and chopped

### Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the eggs, nonfat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
3. Place green pepper halves in a 9x9-inch baking dish.
4. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
5. Bake for 35 to 40 minutes.

Nutritional Information for 1 serving (about ½ a pepper) of Vegetarian Stuffed Peppers							
<b>Calories</b>	250	<b>Cholesterol</b>	81 mg	<b>Sugar</b>	16 g	<b>Vitamin C</b>	59 mg
<b>Calories from Fat</b>	40	<b>Sodium</b>	470 mg	<b>Protein</b>	18 g	<b>Calcium</b>	428 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	37 g	<b>Vitamin A</b>	165 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	1.5 g	<b>Dietary Fiber</b>	3 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*