



MILK, 1% LOW-FAT, ULTRA HIGH TEMPERATURE (UHT)

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PRODUCT DESCRIPTION

- Ultra high temperature (UHT) 1% milk is fresh milk that does not need refrigeration until the container has been opened. It has been processed using a method that destroys bacteria while preserving the flavor, taste, and nutritional value of the milk. 1% UHT milk has added vitamins A and D.

PACK/YIELD

- 1% UHT milk is packed in 32 ounce sealed cartons, which is about 4 servings (1 cup each) of milk.

STORAGE

- Store unopened cartons of 1% UHT milk in a cool, clean, dry place for up to 6 months.
- After opening, close the lid on the container and store in the refrigerator for up to 1 week.
- 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

- 1% UHT milk can be used anywhere fresh milk is called for, such as soups, sauces, casseroles, and desserts.
- 1% UHT milk can be enjoyed alone as a beverage or poured over cereal.
- Try using 1% UHT milk in place of water to prepare hot cereals such as oatmeal, or mix with fresh or frozen fruit and ice cubes in a blender to make a quick and easy smoothie.

NUTRITION INFORMATION

- 1 cup of 1% UHT low-fat milk counts as 1 cup in the MyPlate.gov Dairy group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 cup of milk provides 30% of the daily recommended amount of calcium and 10% of the daily recommended amount of vitamin A.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (244g) 1% UHT milk

Amount Per Serving

Calories 100 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g		4%
Saturated Fat 1.5g		8%
<i>Trans</i> Fat 0g		
Cholesterol 12mg		4%
Sodium 110mg		4%
Total Carbohydrate 12g		4%
Dietary Fiber 0g		0%
Sugars 12g		
Protein 8g		
Vitamin A 10%	Vitamin C 0%	
Calcium 30%	Iron 0%	

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

BROCCOLI RICE CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients

- ¾ cup 1% low-fat UHT milk
- Nonstick cooking spray
- ¾ cup rice, uncooked
- 1 ½ cups water
- 1 small onion, chopped
- 1 ½ tablespoons margarine
- 1 can (about 10 ounces) condensed cream of mushroom soup
- 1 package (about 10 ounces) frozen chopped broccoli, thawed
- ½ cup low-fat cheese, like Cheddar or Swiss, shredded

Directions

1. Preheat oven to 350 degrees F and spray a 9x9-inch baking pan with nonstick cooking spray.
2. In a saucepan, mix rice and 1 cup of water and bring to a boil.
3. Cover and cook over low heat for 15 minutes. Remove saucepan from heat and set aside for 15 minutes.
4. In a medium-size skillet, cook onions in margarine until tender.
5. Add soup, milk, ½ cup of water, and onions to cooked rice. Spoon mixture into baking pan.
6. Spoon the vegetables over the rice mixture.
7. Sprinkle the cheese evenly over the top. Bake for 25 to 30 minutes until cheese is melted and bubbly.

Tips

Try using canned, drained vegetables or frozen spinach.

Nutritional Information for 1 serving of Broccoli Rice Casserole

Calories	190	Cholesterol	5 mg	Sugar	4 g	Vitamin C	28 mg
Calories from Fat	60	Sodium	360 mg	Protein	7 g	Calcium	120 mg
Total Fat	7 g	Total Carbohydrate	27 g	Vitamin A	80 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

LOW-FAT ALFREDO SAUCE WITH PASTA

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 cup 1% low-fat UHT milk
- 1 cup low-fat cottage cheese
- 1 egg yolk
- ½ teaspoon black pepper
- 1 tablespoon margarine
- ¼ cup Parmesan cheese, grated
- ½ pound whole grain pasta, like rotini or spaghetti

Directions

1. In a blender, combine cottage cheese, milk, egg yolk, and pepper. Blend until smooth.
2. In small saucepan, melt margarine over low heat. Add cottage cheese/milk/egg mixture and continue cooking over low heat, stirring occasionally. Stir in Parmesan cheese.
3. Cook pasta according to package directions and drain. Toss with sauce and serve.

Nutritional Information for 1 serving (1 cup) of Low-fat Alfredo Sauce with Pasta

Calories	330	Cholesterol	65 mg	Sugar	5 g	Vitamin C	0 mg
Calories from Fat	70	Sodium	360 mg	Protein	21 g	Calcium	207 mg
Total Fat	8 g	Total Carbohydrate	48 g	Vitamin A	94 RAE	Iron	2 mg
Saturated Fat	3 g	Dietary Fiber	6 g				

Recipe adapted from Food.com