



A Nutrition Resource

# SAY CHEESE!

Cheese is a nutrient-dense food that provides protein, vitamins, and minerals, especially calcium. A serving size of cheese is 1½ ounces, which is about the size of 3 dominoes.

## Buying cheese

- Aged or sharp cheese often costs more than soft or mild cheese.
- Sliced or grated cheese usually costs more than blocks of cheese.
- Processed cheese (including American cheese) may cost less than natural cheese, but has added salt and oil.
- Compare the cost per ounce. If buying cheese in bulk is more cost efficient for your budget and family needs, follow our tips for storing extra cheese below.

## Storing cheese

- Keep unopened cheese in the refrigerator and in the packaging until ready to use.
- After opening, wrap cheese tightly, as air causes it to dry out and grow mold. If mold occurs on hard cheese, cut away the mold plus one inch and throw away. Keep the knife out of the mold so it will not cross-contaminate other parts of the cheese. After trimming off the mold, cover the cheese in fresh wrap. If mold occurs on soft cheese (cream cheese, etc.) discard it.
- Cheese can be frozen. However, it can dry out. Frozen, grated cheese works best for baked dishes like a casserole or lasagna. There is no need to defrost, just add it to the dish.

## Cooking with cheese

Cook cheese on low heat as high heat causes it to become rubbery and/or stringy.

## Ways to enjoy cheese

- Sprinkle grated cheese on baked potatoes or other vegetables.
- Top meat and veggies with a slice of cheese on a whole grain sandwich.
- Top chili or soup with grated cheese.
- Make tacos or burritos and top with cheese.
- Make a cheese and vegetable omelet.
- Add grated cheese to biscuit dough before baking.
- Add grated cheese to scrambled eggs.
- Add a slice of cheese to an English muffin and eat with fruit for a quick breakfast.
- Make a quick lunch of cheese, refried beans, and veggies on a tortilla.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/504 (AA) (Veteran's Preference, Employer and Provider of Educational Outreach



MONTANA  
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EXTENSION

## Potato, Corn, and Cheese Chowder

Yield: 6 Servings | Serving Size: 1 cup

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- ½ cup chopped onion
- ½ teaspoon salt
- ¼ teaspoon pepper (or to taste)
- 1 15 ounce can cream-style corn
- 1½ cups nonfat milk\*
- ½ cup shredded cheddar cheese

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

\*Can substitute 4½ Tablespoons of nonfat dry milk powder, mixed with 1½ cups of water for the nonfat milk.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup (244g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 163mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 439mg	<b>10%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Spinach and Pepper Quesadillas

Yield: 2 Servings | Serving Size: 1 Quesadilla

- 2 medium 100% whole wheat tortillas
- ½ cup chopped, sweet red or green bell pepper
- ⅔ cup shredded low-fat cheddar cheese
- ½ cup fresh spinach

1. Sprinkle half of cheese and bell peppers on one half of each tortilla.
2. Add half of spinach to each tortilla. Fold tortillas in half.
3. Heat large skillet over medium heat until hot. Put the folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
4. Serve immediately.

Nutrition Facts	
2 servings per container	
<b>Serving size</b>	<b>1 quesadilla (106g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 212mg	<b>15%</b>
Iron 2mg	<b>10%</b>
Potassium 58mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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