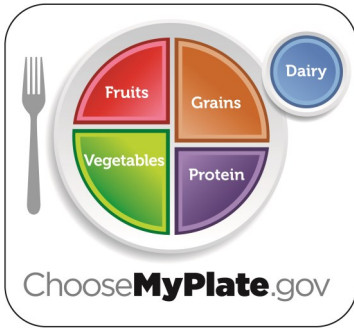




Cheese, Cheddar, Chunk

MyPlate Food Group: **Dairy**

USDA
Foods

Nutrition Information

- The dairy group includes milk, cheese, and yogurt.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.
- Dairy products like cheddar cheese chunks also contain protein. Proteins function as building blocks for bones, muscles, and enzymes.
- 1 cup in the MyPlate.gov dairy group can be fulfilled by 1½ ounces hard natural cheese (cheddar, mozzarella, Swiss, Parmesan).
- For specific information about cheddar cheese chunks, please refer to the product's Nutrition Facts Label or ingredient list.

Uses and Tips

- Cheese can be added as a topping to many dishes, to add flavor, protein, and calcium.
- Cheddar cheese that has been aged prior to packaging has a stronger flavor, often referred to as "sharp cheddar." Milder cheddar melts easily and can be used in a variety of dishes.
- Cheddar cheese chunks can be used to top casseroles, baked potatoes, and salads.
- Cheddar cheese chunks make a great snack when tossed together with fresh or dried fruit and nuts.

Storing Foods at Home

- Store unopened packages of cheese in a clean, dry place in the refrigerator.
- After opening, tightly reseal the packaging or transfer to an airtight container or bag, and store in the refrigerator.

MyPlate Facts

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.



USDA Foods

Chili Tomato Macaroni

Makes 4 servings

Ingredients:

$\frac{3}{4}$ pound (12 oz) ground, shredded, or cubed beef
1 $\frac{1}{2}$ cups water
1 cup macaroni or rotini noodles, uncooked
1 can (15.5 oz) diced tomatoes, no salt added
 $\frac{1}{2}$ cup cheddar cheese chunks, roughly chopped
2 teaspoons chili powder, mild
 $\frac{1}{2}$ teaspoon garlic powder
Salt and pepper to taste (optional)
Optional: Try adding diced onion, bell peppers, mushrooms, or zucchini when available.

Directions: Wash hands with soap and water

1. Brown beef in a large skillet, drain the fat.
2. Add water, noodles, tomatoes, chili powder, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low, and simmer covered on low heat for 20 minutes or until macaroni is tender.
4. Taste, and add a small amount of salt and pepper if desired.
5. Top with cheddar cheese. Put the lid back on for 1 minute until the cheese is melted.

Note: Canned or pouched beef does not need to be cooked prior to adding to the skillet.

Recipe adapted from Eating Smart, Being Active by Colorado State University & University of California at Davis

Quick and Easy Baked Potato Salad

Makes 4 servings

Ingredients:

1 $\frac{1}{2}$ pounds red potatoes
1 cup non-fat plain yogurt
 $\frac{1}{3}$ cup minced onion
 $\frac{1}{2}$ cup cheddar cheese chunks
3 tablespoons bacon bits or pieces
 $\frac{1}{4}$ teaspoon salt
Ground black pepper to taste

Optional: Add chopped fresh parsley or dried or fresh minced chives.

Directions: Wash hands with soap and water

1. Place whole potatoes (do not poke holes) into microwave-safe dish.
2. Cover dish. (If covering dish with plastic wrap, poke small holes in plastic.)
3. Microwave on high for 10 to 12 minutes depending on strength of microwave.
4. Use oven mitts or a towel to remove dish from microwave. Carefully remove cover from dish due to steam build up and let cool.
5. Cut potatoes into bite-sized pieces and place in a large bowl with remaining ingredients. Stir and mix well.

Note: This salad may be served right away, but it is best if refrigerated for at least one hour for flavors to blend.

Recipe adapted from Meeting Your MyPlate Goals on a Budget, MyPlate National Strategic Partners Toolkit