



Cheese, American

MyPlate Food Group: **Dairy**



Nutrition Information

- Dairy is milk, cheese, and yogurt.
- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- 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.
- For specific information about American cheese, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Cheese can be added as a topping to many dishes, to add flavor, protein, and calcium.
- American cheese is a blend of cheese and milk products. It melts very well and has a smooth, creamy texture.
- American cheese can be added to sandwiches and salads.
- Cheese slices can be melted on toast for an easy snack or served with a cup of fruit.

Storing Foods at Home

- Store unopened packages of cheese in a clean, dry place in the refrigerator.
- After opening, tightly wrap the cheese in plastic wrap 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

Magic Crust Quiche

Makes 6 servings

Ingredients:

- 1 tablespoon vegetable oil
- ½ cup onion, chopped
- 2 cups vegetables (any kind of frozen, fresh, or canned)
- 1 cup low-fat cheddar cheese or processed American cheese, shredded
- 1½ cups 1% milk
- 3 eggs
- ¾ cup baking mix, such as Bisquick

Directions:

1. In a pan over medium heat, add oil and cook onion for 2-3 minutes.
2. Add vegetables and cook for 3-5 minutes or until done. Drain well.
3. Grease round pie pan or 8x8 inch baking pan.
4. Spread cooked vegetables in prepared pan. Spread cheese on top of vegetables.
5. Mix milk, eggs, and baking mix. Pour milk mixture over vegetables and cheese.
6. Bake at 350 degrees F for 35 minutes. Make sure a safe internal temperature has been reached and a knife inserted into the middle comes out clean.

SNAP-Ed Recipe. Food and Nutrition Service. United States Department of Agriculture.

Cheesy Broccoli Soup

Makes 4 servings

Ingredients:

- ¼ cup water
- 2½ cups fresh or frozen broccoli, chopped
- 2 tablespoons flour
- ¼ teaspoon onion powder or garlic powder
- ⅛ teaspoon ground black pepper
- 3 tablespoons margarine
- 2 cups nonfat dry milk
- 4 slices American cheese
- 6 to 8 drops hot pepper sauce, such as Tabasco (optional)

Directions:

1. Heat water to boiling in a 3 quart saucepan. Add broccoli. Cover and cook 1-2 minutes.
2. Drain broccoli and set aside.
3. Combine flour, onion or garlic powder, and ground black pepper in a small bowl.
4. Add margarine to saucepan, melt over medium heat. Add flour mixture. Stir until well mixed.
5. Gradually stir in milk. Stir constantly to keep the sauce smooth. Stir over medium heat until thick and bubbly (about 4-5 minutes).
6. Chop broccoli while milk mixture is cooking.
7. Add broccoli into sauce and turn heat to low. Add cheese slices. Stir until cheese melts (about 2 minutes). Add hot sauce if desired.

Recipe adapted from Iowa State University Extension and Outreach