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COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
9937

USE OF CHEESE IN THE DIET

Cheese should be a part of every diet as it is a protein of excellent quality. It is milk protein partially digested and is a complete protein. The fat is the milk fat little changed except that it is less finely divided. The mineral content varies somewhat according to the amount of salt added. Cheddar cheese is always relatively high in calcium and phosphorus and there is some iron present. All varieties of whole milk cheese are good sources of vitamin A.

The concentration of the most important nutritive elements of milk in a food of excellent keeping qualities entitles cheese to a place in the diet which is not always fully appreciated. It is akin to meat in regard to its place on the menu and may be used in a variety of ways. Cheese is often served in small quantity with other foods, merely to add flavor and color. Since it is a concentrated food it may be used in the diet much as meat would be used. It should be regarded as a staple article rather than an accessory to pie, or as a last course after a heavy meal or for eating between meals.

Cheese used with bread or other cereal foods makes a pleasing combination and one easy to digest. A low temperature is preferred for cooking cheese, for high and continued heat makes it tough and strong.

RECIPES

(Taken from Farmer's Bulletin No. 960)

Cheese and Pickle

Mix the cheese with finely chopped dill pickle, chow-chow, chili sauce or any other desired pickle mixture. Use as sandwich filling or as spread on crackers, or in salads.

Cheese with Chopped Parsley, Watercress, or Other Vegetables

Into the soft cheese, work finely chopped parsley, watercress, lettuce, spring onions, chives, radishes, cucumber, celery, or any other salad vegetable. Add salt and any other seasoning desired, such as onion or lemon juice.

Use this mixture as a sandwich spread, or for salads--pile it lightly on crisp lettuce or form it into balls as suggested under cheese and olives. The balls may also be rolled in chopped parsley or watercress.

Cheese with Olives, Pimientos, or Green Peppers and Nuts

Mix equal quantities of the soft cheese and chopped olives, pimientos, and nuts, or any one or two of these if all three are not desired. Add salt and a little onion juice if liked.

Spread on slices of white or graham bread. For salads this mixture may be formed into balls, or stuffed into fresh green peppers from which the centers have been removed, or into canned pimientos, and sliced. These may be served alone on lettuce with salad dressing, or used to garnish many other kinds of salads.

Cheese and Tomatoes

Use any one of the mixtures of cheese with olives, peppers, nuts or chopped vegetables. Spread this on slices of tomato and use these in sandwiches or place them on lettuce and serve as salad. Or for salad, scoop out part of the inside of tomatoes after they are peeled, stuff them with the cheese mixture, and arrange them on lettuce. Or make a little mound of the cheese mixture on lettuce and arrange around it a tomato peeled and cut like an apple into quarters.

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Prunes, Dates, or Figs Stuffed with Cheese

Split cooked prunes, take out the seeds, and stuff the cavities with Neufchatel or cream cheese, plain or mixed with chopped nuts. Serve on lettuce with salad dressing. Stuff the dates in this same way after they have been split and the seeds removed. Canned figs or cooked dried figs may be split and used in this same way.

Dried Fruit and Cheese Mixtures

Wash prunes, dates, raisins, or dried figs or apricots, and put them thru the food chopper using the fine knife. Mix the ground fruit with about twice as much cheese. Add a little salt, and chopped nuts if desired. Roll this into balls and use as suggested in salads or on crackers for afternoon tea or as the filling for sandwiches.

Cheese Filling for Gingerbread

2 Neufchatel or cream cheeses	$\frac{1}{2}$ t. salt
2 c. chopped dates	1 c. chopped nuts

Cream

Mash the cheese and mix with it enough cream to give it the consistency of a soft filling. Add the dates, nuts, and salt, and mix well. Split open a thin loaf of hot gingerbread, spread the cheese mixture on the lower half, replace the upper part and press it down lightly. The quantity of cheese filling given here is enough for a loaf of gingerbread about 8 by 10 inches. Serve the gingerbread at once while still hot.

Creamed Cheese and Eggs

3 hard boiled eggs	$\frac{1}{2}$ t. salt
1 T. flour	4 slices toast
1 c. milk	$\frac{1}{2}$ to 1 c. cheese

Speck cayenne

Make a thin white sauce with the flour, milk and seasoning. Add the cheese and stir until melted. Chop the whites of the eggs and add them to the sauce. Pour over the toast, then cut the yolks in small pieces and sprinkle over the whole.

Cheese Toast

1 cheese or 4 T.	$\frac{1}{2}$ t. salt	1/8 t. paprika
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Slice bread thin and cut into round pieces with biscuit cutter. Cream the cheese, add salt and paprika, spread evenly on bread and brown in oven.

Cheese, Rice and Tomato

1 cup cooked rice	$\frac{1}{2}$ or medium-sized green pepper
1 t. salt	$\frac{1}{4}$ of medium-sized onion
1 cheese or 4 T.	3 medium-sized tomatoes

Cook tomatoes, onion, and green pepper 20 minutes. Add cooked rice and seasoning, then the cheese. When melted, pour over heated crackers, or toast.

(Adapted and revised from Extension Circular 924 by Dr. P. A. Downs, Dairy Department, and Miss Mabel Doremus, State Extension Agent, Foods and Nutrition.)