

IT'S CHEESY! IT'S EASY! Cooking with Reduced Fat Cheese

ENCHILADAS

To facilitate melting to increase tenderness, mix cheese with other ingredients to fill enchiladas and add some sauce to the filling.

PIZZAS

Bake pizzas at 350 °F, rather than at a higher temperature to keep cheese moist. You may need to add five minutes or more to baking time. To promote melting, place the cheese on the pizza first, topping with moist ingredients such as tomato slices or sautéed vegetables.

CHEESECAKES

Soften cream cheese to room temperature before mixing and beat separately before adding other ingredients.

WHITE SAUCES

Cut the amount of flour or other thickener in half. Use 2/3 of the milk called for in the first steps of making the sauce. Blend in the cheese, stirring over medium heat until melted. Blend in the remaining 1/3 of the milk and heat through.

CHEESE SAUCES

Double the amount of liquid in standard process cheese sauce recipes. Start with the original amount of liquid melting the cheese and stirring with a whisk. After the cheese is completely melted, blend in the other half of the liquid. Stir in additional milk if reheating sauce.

FROSTING & GLAZES

Eliminate milk from frosting recipes that use fat-free cream cheese. To reach desired spreading consistency, it may be necessary to add more powdered sugar to the recipe.

BREAD TOPPINGS

For best melting, broil reduced fat shredded cheese at least 7 inches from heat source. For a softer, moister melt, spray surface of cheese lightly with non-stick cooking spray or water before broiling.

CASSEROLE & LASAGNA

When making lasagna, stir cheese into tomato sauce for better results and melt. Keep casseroles covered during entire baking time. Sprinkle cheese on top after microwaving, allowing the heat from the cooked food to melt the cheese.

SCRAMBLED EGGS

Melt the cheese better by layering it in between two halves of an omelet.

DID YOU KNOW?

- ★ Using lower fat cheese shaves off approximately 1/3 of calories from regular cheese
- ★ You can make a 1% fat cheese by combining a 2% shredded with a fat-free shredded
- ★ 1 oz cheese (114 calories) = 3 dice

