



## Cooking with Processed Cheese

Cheese is a great source of protein, which helps our bodies grow and stay healthy. Another nutrient found in cheese is calcium, which helps keep our bones and teeth strong.

### Uses

There are many ways to enjoy processed cheese. It can be sliced and placed on a cracker, on a hamburger or on bread to make a grilled cheese sandwich. You can also add shredded cheese to scrambled eggs and casseroles.

### How to store it

For best taste, store processed American cheese in the refrigerator. Keep it in the package it comes in until you are ready to use it.

Once you have opened it, wrap the cheese in aluminum foil, plastic freezer paper or freezer bags.

Use it within 3 to 4 weeks.

The cheese can be stored in the freezer for up to 4 months.

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## Easy Macaroni and Cheese (makes 6 servings, about $\frac{2}{3}$ cup each)

### What you need

- 1 tablespoon butter or margarine
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  teaspoon salt
- 2 cups milk
- $1\frac{1}{2}$  cups processed cheese, cut into 1-inch cubes
- $1\frac{3}{4}$  cups skim milk
- 3 cups cooked macaroni

### How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Melt the margarine or butter in a saucepan.
3. Mix in the flour and salt.
4. Add the milk slowly, stirring all the time, and cook it over a medium heat until the sauce starts to boil.
5. Lower the heat and cook until the sauce thickens, about 3 minutes.
6. Add the cheese and stir it until it is melted.
7. Mix in the cooked macaroni and stir it until the macaroni is heated.

**Note:** You can also add a 6-ounce can of tuna and 1 cup of frozen or drained canned peas for a quick and easy no-bake tuna casserole. Just use 2 cups of skim milk instead of  $1\frac{3}{4}$  cups.

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