

Shopping Hints for Cheese



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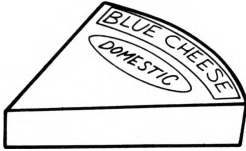
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Shopping Hints for Cheese

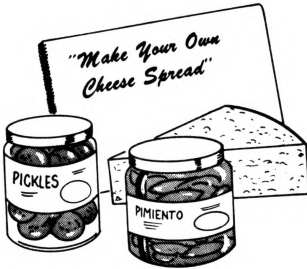
- Buy cheese by comparing the cost per pound of each quality and flavor of cheese.

CHEAPER

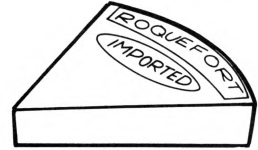


STICKS

WEDGE



COSTLIER



GRATED



CUBED

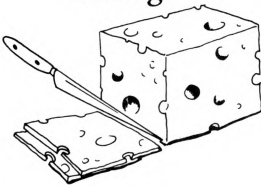


SLICED



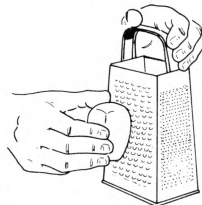
- It's cheaper to buy cheese by the block and do your own:

slicing



for sandwiches, pizza

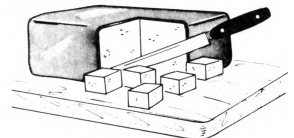
grating



grinding



chopping



sauces, casseroles, salads, spreads, dips

LASAGNA

- 1 lb. ground beef
- 2 cloves of garlic
- 2 tsp. seasoned salt
- ½ tsp. pepper
- 1 (No. 2½) can tomatoes (3½ cups)
- 1 (6 oz.) can tomato paste
- ½ lb. lasagna noodles
- ½ lb. Mozzarella cheese (sliced or shredded)
- 1 cup cottage cheese
- 3 eggs
- ½ cup Parmesan cheese

Brown meat in deep kettle, add seasoned salt. Add crushed garlic and pepper. Simmer 10 to 20 minutes. Add tomatoes and tomato paste. Stir thoroughly, cover, and simmer 30 minutes. Cook lasagna noodles according to package directions, drain, and rinse. Pour ½ of meat sauce into 12x8x2-inch baking dish. Cover with strips of lasagna noodles. Combine slightly beaten eggs, cottage cheese, and Parmesan cheese. Arrange Mozzarella cheese over noodles, then egg mixture. Repeat layers, ending with meat sauce. Bake in 325°F. oven about 30 minutes. Serves 6.

PIMIENTO CHEESE

- 1 lb. cheddar cheese
- 1 (3 oz.) package cream cheese
- 1 (6 oz.) can pimientos
- ½ cup salad dressing
- ¼ tsp. red pepper
- ½ tsp. salt
- 1 tsp. sugar

Blend cream cheese. Shred cheddar cheese and blend with cream cheese. Blend in all other ingredients except pimientos until consistency is correct. Chop pimientos and blend with other ingredients.

MACARONI AND CHEESE

- 2 Tbs. flour
- 2 Tbs. table fat
- 2 cups milk
- 1 tsp. salt
- 1 (8 oz.) package very sharp cheese
- dash of cayenne pepper (optional)
- 1 Tbs. Worcestershire sauce (optional)
- dash red pepper (optional)
- 2 cups macaroni, cooked according to package directions
- 2 slices bread, cut into small cubes

Melt table fat, blend in flour, add milk and cook until thick. Add grated cheese and other seasonings. Put cooked macaroni in oiled casserole dish. Add cheese mixture. Cover with bread cubes, sprinkle with paprika. Bake in 325°F. oven until cubes are brown—30 to 45 minutes. Serves 4-6.

CHEESE SAUCE FOR VEGETABLES

- 4 Tbs. table fat
- 2 cups milk
- 4 Tbs. flour
- ½ tsp. salt
- 2 cups (½ lb.) cheese

Melt the fat, blend in the flour. Add cold milk and salt. Heat and stir until thickened. Shred and add the cheese. Stir until cheese melts. Serve over cooked vegetables.

CORN GRITS AND CHEESE CASSEROLE

- 4½ cups cooked corn grits
- 2 Tbs. table fat
- 1 cup shredded cheese
- 2 eggs, beaten
- ⅛ tsp. garlic salt, if desired

Combine all ingredients. Mix well. Place in a greased baking pan. Bake at 325°F. 1 hour or until set. Serves 5.

General Shopping Hints

1. Plan what food you need for each day.

Serve these foods every day.



1. Milk



2. Meat, Fish, Poultry, or Dried Beans

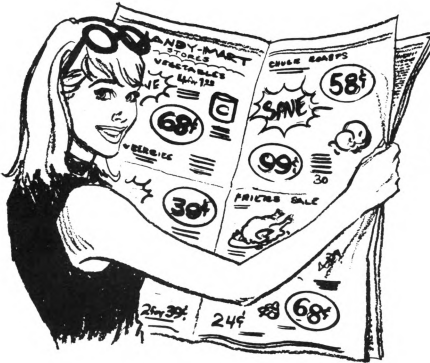


3. Vegetables & Fruits for Vitamin A and Vitamin C



4. Breads & Cereals

2. Compare prices:



Check the ads.



Read the labels.

How much does it weigh?
Compare prices of different brands.



3. Look for specials.



But check to be sure that they really are specials!