PRODUCT DESCRIPTION
- Blended American and skim milk cheese is a pasteurized process blend of natural cheeses. It offers a lower fat option compared to pasteurized process American cheese. This cheese is milder in flavor than natural cheese and is easy to melt.

PACK/YIELD
- Blended American and skim milk cheese is sliced and packed in 2 pound loaves, which is about 42 servings (¾ ounce or 1 slice each) of cheese.

STORAGE
- Store unopened packages of American and skim milk blend cheese in the refrigerator until ready to use.
- After opening, re-wrap cheese tightly in clean wrap and store in the refrigerator.
- It is not recommended to freeze.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site.

USES AND TIPS
- Serve blended American and skim milk cheese directly from the package in sandwiches or on top of salads.
- Use in soups, casseroles, or breads.
- Melt on toast for an easy snack, or serve with cut-up fruit.
- When using as a topping on soups or hot dishes, remove the dish from the heat and then stir in the cheese until melted.

NUTRITION INFORMATION
- 2 ounces of processed cheese counts as 1 cup from the MyPlate.gov Dairy Group. For a 2,000-calorie diet, the daily recommendation is about 3 cups.
- 1 slice of blended American and skim milk cheese provides 10% of daily calcium needs.

FOOD SAFETY INFORMATION
- If you see mold on the cheese, cut off at least 1 inch all around the mold spot; do not cut through the mold with your knife. Cover tightly with clean wrap.

OTHER RESOURCES
- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS
Serving size: ¾ ounce (21g) blended American and skim milk cheese

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>50</th>
<th>Calories from Fat</th>
<th>25</th>
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</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td></td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
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<td>9%</td>
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<tr>
<td>Trans Fat</td>
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<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
<td>340mg</td>
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<td>14%</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
MIDWEST CHOWDER

6 SERVINGS

Ingredients
- 3 c. water
- ¼ tsp. salt
- 2 c. potatoes, peeled & diced
- ¼ c. onion, diced
- ½ c. carrots
- ¼ c. all-purpose flour
- ¾ c. non-fat dry milk
- 1 c. water
- 8 oz. low-fat American cheese, cubed
- 1 (15 oz.) can cream-style corn

Directions
1. In a large sauce pan, bring water, salt, potatoes, carrots and onion to a boil. Reduce heat and simmer for 10 minutes.
2. In a small bowl, mix flour and dry milk together until well blended. Slowly add 1 cup of water while stirring.
3. Slowly add this liquid to the cooked vegetables.
4. Cook over medium heat, stirring constantly, until mixture is thick and smooth.
5. Add cubed cheese, stirring until melted.
6. Add cream-style corn and heat thoroughly, but do not boil.

Nutritional Information for 1 serving of Midwest Chowder

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<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Sugar</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Calcium</th>
<th>Iron</th>
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<tbody>
<tr>
<td>Calories</td>
<td>220</td>
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<td>590 mg</td>
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VEGETARIAN STUFFED PEPPERS

MAKES ABOUT 6 SERVINGS

Ingredients
- 1 c. blended American and skim milk cheese, cut into pieces
- 2 eggs
- 1 c. nonfat dry milk
- 1 ½ c. white rice, cooked
- 1 (15 oz.) can low-sodium corn, drained
- 1 onion, chopped
- ½ tsp. black pepper
- 1 ½ tsp. garlic powder
- 3 medium green peppers, cut in halves, center removed
- 1 (15 oz.) can low-sodium tomatoes, drained and chopped

Directions
1. Preheat oven to 350 degrees F.
2. In a large bowl, combine the eggs, nonfat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
3. Place green pepper halves in a 9x9-inch baking dish.
4. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
5. Bake for 35 to 40 minutes.

Nutritional Information for 1 serving (about ½ a pepper) of Vegetarian Stuffed Peppers

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<th>Total Carbohydrate</th>
<th>Sugar</th>
<th>Protein</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
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<td>165 RAE</td>
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<td>3 mg</td>
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Recipe adapted from Commodity Supplemental Food Program Cookbook

These recipes, presented to you by USDA, have not been tested or standardized. USDA is an equal opportunity provider and employer.