



Home on the Range

Say Cheese

Cheesy Ideas For Snacks, Breakfast, Lunch, Dinner

NACHO CHICKEN-CHEESE SPREAD

1 cup shredded mild Cheddar or Monterey Jack cheese
 1 cup shredded cooked chicken
 1 cup reduced-fat sour cream
 1 tablespoon packaged taco seasoning mix
 ½ cup cooked fresh or drained canned corn
 4-ounce can chopped green chilies
 Cornbread crackers
 Optional garnish: additional corn, jalapenos
 Mix cheese, chicken, sour cream, and seasoning mix in a medium bowl. Stir in corn and green chilies.
 Cover and refrigerate for at least one hour before serving.
 Garnish with corn and jalapenos, if desired. Spread on crackers.

American Dairy Association

CHEDDAR PEANUT BALL

2 cups shredded cheddar cheese, room temperature
 3-ounces cream cheese
 2 tablespoons finely chopped red onion
 ¼ teaspoon curry powder
 ½ cup chopped salted peanuts
 Beat together cheddar cheese and cream cheese until well blended. Stir in onion and curry powder. Shape to form a cheese ball. Roll in peanuts. Cover and chill to blend flavors. Serve at room temperature with assorted crackers. Yield: about 2 cups cheese spread.

Ashley Derr
 Lycoming Co. Dairy Miss

SPICY SNACK MIX

6 cups popped popcorn
 2 cups small corn chips
 1 cup baked pretzel snack crackers or mini pretzels
 8 ounces Cheddar or Jalapeno Jack cheese, cut into cubes
 1 tablespoon taco seasoning mix
 Place popcorn, corn chips, and pretzels in a large bowl. Add cheese cubes and taco seasoning mix. Toss lightly.

Mid-Atlantic Dairy Association

BARBECUE CHICKEN, CHEDDAR SNACKWICHES

¼ cup sundried tomato-flavored or plain mayonnaise
 ¼ cup grated Parmesan cheese
 8 slices hearty Italian bread, cut into ½-inch slices
 2 left-over boneless, grilled chicken breasts or 8 ounces ready-prepared grilled chicken, sliced
 ½ medium red onion, sliced
 6-ounces grated sharp or extra-sharp white Cheddar cheese

4 cooked bacon slices
 6 tablespoons honey-based barbecue sauce
 Barbecue sauce
 Preheat covered grill (e.g. George Foreman) or non-stick skillet for five minutes. Spray with non-stick cooking spray.

Combine mayonnaise and grated Parmesan in small bowl. Arrange bread slices on cutting board and spread approximately one tablespoon Parmesan-mayo mixture on four of the bread slices. Top each with several slices of chicken, onion, ½ Cheddar cheese, and one bacon slice. Spread remaining slices of bread with 1½ tablespoons barbecue sauce. Assemble sandwiches.

Cook sandwiches two at a time in covered grill, about six minutes or until bread is golden and cheese is melted. Remove from grill and cut into quarters. Serve with a side of additional barbecue sauce if desired.

Note: If you do not have a covered grill, cook sandwiches in a non-stick skillet until lightly browned, about three minutes on each side.

Mid-Atlantic Dairy Association

CHEESY LOBSTER QUESADILLAS

4-ounce can chili peppers
 2 cups cooked, chopped lobster meat
 1 cup coarsely chopped fresh spinach
 1 cup Jalapeno Jack cheese
 1 cup shredded Cheddar cheese
 ½ cup chopped fresh cilantro
 12 8-inch flour tortillas
 2 tablespoons butter
 Preheat boiler.

Place peppers skin side up on a foil-lined baking sheet. Broil peppers until blackened, about 5 minutes. Place peppers in a resealable plastic bag. Let stand 5 minutes. Peel and cut peppers in short strips.

Combine peppers and remaining ingredients except butter. Divide mixture among six tortillas. Top with remaining tortillas. Heat butter over medium heat in large skillet or griddle. Cook until golden on each side, about 4 minutes. To serve, cut each quesadilla into quarters.

American Dairy Association

APPLE, CINNAMON, BRIE QUESADILLAS

1½ tablespoons granulated sugar
 1½ tablespoon brown sugar
 1½ teaspoons ground cinnamon
 5 tablespoons butter, divided
 2 large Granny Smith apples, peeled, cored, and cut into ½-inch slices
 3 tablespoons apple juice
 6 8-inch tortillas
 8-ounces Brie cheese, sliced
 3 tablespoons chopped toasted walnuts

Mix sugars and cinnamon, set aside. Melt 3 tablespoons butter in a large non-stick skillet over medium heat. Add sliced apples and saute one minute. Add half the sugar mixture and apple juice to the apples. Cook until apples are tender but not mushy, about 3-5 minutes. Remove from heat and cool slightly.

For each quesadilla, spoon 1¼ of the apple mixture on half the tortilla. Top with 1¼ of the cheese. Fold remaining tortilla over top to make a half moon shape. Repeat with remaining ingredients. Heat remaining butter in a large skillet or griddle over medium heat. Cook quesadillas three at a time until golden brown on each side, about four minutes.

To serve, cut each quesadilla into thirds. Sprinkle with some of the remaining sugar mixture and some of the walnuts.

American Dairy Association

AUTUMN CHEESECAKE

Crust:
 1 cup graham cracker crumbs
 ½ cup finely chopped pecans
 3 tablespoons sugar
 ½ teaspoon ground cinnamon
 ¼ cup unsalted butter, melted
 Preheat oven to 350 degrees. In a large bowl, stir together the graham cracker crumbs, pecans, sugar, cinnamon, and melted butter. Press into bottom of 9-inch spring form pan. Bake in preheated oven for 10 minutes.

Cream Cheese Layer:
 2 (8-ounce) packages softened cream cheese
 ½ cup sugar
 2 eggs
 ½ teaspoon vanilla extract
 In a large bowl, combine cream cheese and sugar. Mix at medium speed until smooth. Beat in eggs one at a time, mixing well after each addition. Blend in vanilla; pour filling into baked crust.

Apple layer:
 ¼ cup sugar
 ¼ cup chopped pecans
 ½ teaspoon ground cinnamon
 4 cups peeled, cored and thinly sliced apples

In a small bowl, stir together sugar and cinnamon. Toss sugar-cinnamon mixture with apples to coat. Spoon apple layer over cream cheese layer and sprinkle with chopped pecans. Bake in preheated oven for 60-70 minutes. With knife, loosen cake from rim of pan. Let cool, then remove rim of pan. Chill cake before serving. Makes 1 (9-inch) cheesecake.

Ashley Bird
 Centre Co. Dairy Princess



Easy Cheesy Calzone is easy to make and great to eat.

Featured Recipe

Looking for great snacks?
 Say cheese!

According to a recent survey, more Americans crave savory snacks over sweets. Cheese took the top spot as American's overall favorite snack food. Cheese beat out chips, cookies, and even chocolate.

The best thing is that cheese provide calcium and other essential nutrients. So, you're not consuming empty calories or sugar.

Cheese isn't only used for snacks. Cheese transforms many everyday ingredients into a main entree, tasty appetizers, desserts, and other dishes for breakfast, lunch, and dinner.

If you want more recipes, check out the American Dairy Association's Website www.ilovecheese.com.

EASY CHEESY CALZONE

16-ounces prepared pizza dough
 ½ cup pizza sauce
 2 cups shredded part-skim Mozzarella cheese
 3 cups cooked, chopped broccoli, drained
 1 tablespoon butter, melted
 Preheat oven to 400 degrees. Grease a baking sheet.
 On a lightly floured surface, roll dough to form a 9x14-inch rectangle, about ¼-inch thick. Transfer to prepared baking sheet.

Spread pizza sauce over half the dough. Sprinkle cheese over entire piece of dough to within half-inch of all the edges. Layer broccoli on one half of the 14-inch side (the long side) of the dough. Fold dough in half over the cheese and broccoli filling. Seal edges of the calzone by pressing with the tines of a fork. Prick top. Brush top with butter.

Bake 20-25 minutes, or until crust is lightly browned. Allow to cool 5 minutes before cutting.

CHICKEN ALFREDO

3 chicken breasts, boned and cut in half
 ½ cup flour
 2 eggs, beaten
 1 cup seasoned bread crumbs
 ½ cup plus 2 tablespoons grated Italian cheese
 1 pint heavy cream
 2 tablespoons oil
 ½ teaspoon parsley
 Salt to taste
 Pepper to taste
 4 tablespoons butter, softened
 4 ounces Mozzarella cheese
 Coat chicken with flour, then dip in beaten eggs and roll in bread crumbs flavored with 2 tablespoons grated cheese. In a little oil, fry on both sides to brown. Put in a baking dish or pan, and season with salt, pepper and parsley. Melt butter, then add heavy cream and ½ cup Italian cheese; pour over chicken. Put 1 slice mozzarella on each piece of chicken. Cover and bake at 350 degrees for 30-40 minutes. Yield 6 servings.

Ashley Bird
 Centre Co. Dairy Princess

CHEESE SOUP

5 tablespoons butter
 2 carrots, finely chopped
 2 celery ribs, finely chopped
 1 onion, finely chopped
 ½ green pepper, seeded, chopped
 5 mushrooms, chopped
 ½ cup cooked ham or bacon
 ½ cup flour
 2 tablespoons cornstarch
 1 quart chicken broth
 1 quart milk
 ½ teaspoon paprika
 ½ teaspoon dry mustard
 1 pound sharp cheddar cheese, grated
 In a large pan, melt butter, add vegetables, saute for 10 minutes at low temperature (do not brown). Add flour and cornstarch. Stir constantly for three minutes. Add chicken broth and ham or bacon. Cook until slightly thickened. Add milk, paprika, and dry mustard. Stir in grated cheese slowly. Do not let cheese soup boil. Add salt and pepper to taste.

Enjoy your calcium!
 Abbey Puzo
 Dairy Ambassador

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

August

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September

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