

## WIC MENU IDEAS

### CHEESE

Cheese Strata  
Fresh Spinach Salad  
English Muffins  
Purple Grapes  
Milk/Juice

Cheesy Mac  
Cooked Carrots  
Sliced Cucumbers  
Milk/Juice  
Grapefruit Sections

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## CHEESE

WIC cheeses provide the calcium and vitamin A needed for strong bones and teeth.

### Ways To Use WIC Cheese

- Add grated or sliced cheese to cream soup.
- Add shredded cheese to scrambled eggs or an omelet.
- Make cheese toast. Place cheese on top of a slice of buttered toast or tortilla and melt in oven.
- Try cheese sauce over vegetables like broccoli and cauliflower.
- For cheese sauce, melt 4 oz cheese in  $\frac{1}{4}$  -  $\frac{1}{2}$  c evaporated or plain milk. It's quick and easy!
- Add grated or sliced cheese to salads, tacos and casseroles . . . even meatloaf!

### Recipes Using WIC Cheese

#### CHEESE STRATA

8 slices bread	2 c milk*
6-8 oz American cheese*	$\frac{1}{2}$ tsp salt
4 eggs*	pepper (optional)

Place 4 slices bread in greased baking dish. Place 6 slices of cheese over the bread. Layer on remaining bread. Layer on remaining cheese. Mix eggs, milk and salt. Pour over bread and let stand 1 hour or in the refrigerator overnight. Bake at 325° for 45-55 minutes until puffed and a knife comes out clean. (Makes 4-6 servings.)

#### CHEESY MAC

$\frac{1}{2}$ c onion, chopped	1 $\frac{1}{2}$ c tomato juice
$\frac{1}{2}$ c green pepper, chopped	1 T chili powder (opt'l)
2 T margarine	2 c cooked macaroni
1 can (16 oz) kidney beans	8 oz cheese, sliced*

Brown onion and green pepper in margarine until tender. Add beans, tomato juice and chili powder. Simmer 10 minutes. Place 1 cup of macaroni in greased casserole. Cover with half the bean mixture and half the cheese. Repeat in layers. Bake at 350° for 30 minutes. (Makes 4-6 servings.)

#### CHEESY BISCUITS

1 pkg small refrig. biscuits	American cheese slices*
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Bake biscuits as directed for 5 minutes. Remove from oven and cut each in half. Add cheese slice to each bottom half and cover with the top. Return to the oven to complete baking. (Makes 6 servings.)

#### PIZZA

1 English muffin, sliced	2 slices cheese*
2 T tomato sauce	

Cover muffin with sauce, then cheese. Broil until cheese melts. Add other toppings such as green peppers or sausage. (Makes 1 serving.)

*Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.*

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon