



Ingredients

Buttered Croutons

- 1 cup (375 ml) bread cubes
- 3 tbsp (45 ml) butter, melted

Instructions

Buttered Croutons

1. Toss the bread cubes in melted butter.
 2. Bake in 350° F (180° C) oven for 5 to 7 minutes.
 3. Turn cubes over and bake 5 to 7 minutes longer.
- Makes about 1 cup (250 ml).



Browse videos that demonstrate soups and creams on the Dairy Goodness website at [www.dairygoodness.ca/recipes/courses/soups-creams/\(browse\)/videos](http://www.dairygoodness.ca/recipes/courses/soups-creams/(browse)/videos).

Recipe courtesy of Dairy Goodness: Dairy Farmers of Canada Creamy French Onion Soup
www.dairygoodness.ca/recipes/creamy-french-onion-soup

Nutrients per serving	Food groups per serving
Calories – 449 kcal	Vegetables and Fruit – 1
Protein – 16 g	Grain Products – 0.5
Fat – 32 g	Milk and Alternatives – 1
Carbohydrates – 26 g	Meat and Alternatives – 0
Fibre – 2.1 g	
Sodium – 862 mg	
Calcium – 445 mg	

Tip!

- Look for whole grain bread in the grocery store.

1% milk used in analysis

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Savoury Cheese Melt on Toast

Cheese melts are simple and demonstrate how different types of cheeses melt with heat. What is used to prevent the melted cheese from separating in this recipe?

Prep time: 5 minutes

Yields: 4 servings

Ingredients

- 2 tbsp (30 ml) **butter**
- 2 tbsp (30 ml) all-purpose flour
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) paprika
- 1 tsp (5 ml) pepper
- 1½ cups (375 ml) **milk**
- 1 cup (250 ml) shredded **Canadian cheddar cheese**
- ½ tsp (2 ml) salt
- 1 **egg**, beaten
- 4 slices toast

Tip!

- Look for whole grain bread in the grocery store.

Instructions

1. Melt the butter in a saucepan over medium heat. Add the flour, mustard, paprika and pepper. Slowly add the milk, stirring until the mixture turns thick and smooth.
2. Add the cheddar cheese and salt and stir until melted. Then add the egg and stir until smooth. Serve over toast.

Recipe courtesy of Dairy Goodness: Dairy Farmers of Canada *Savoury Cheese Melt on Toast*
www.dairygoodness.ca/recipes/savoury-cheese-melt-on-toast

Nutrients per serving

Calories – 320 kcal
Protein – 15 g
Fat – 19 g
Carbohydrates – 22 g
Fibre – 1.1 g
Sodium – 746 mg
Calcium – 358 mg

Food groups per serving

Vegetables and Fruit – 0
Grain Products – 1
Milk and Alternatives – 1
Meat and Alternatives – 0

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Easy Macaroni and Cheese with Basic White Sauce

Macaroni and cheese is a classic cooked cheese dish that illustrates how cheese can act as an acid when combined with milk. How are basic principles of protein cookery applied in this recipe?

Prep time: 15 minutes

Cooking time: 20 minutes

Yields: 4 servings

Ingredients

Basic White Sauce

¼ cup (60 ml) **butter**

¼ cup (60 ml) **flour**

2½ cups (625 ml) warm **milk** (1%, 2% or 3.25%)

Salt and white pepper to taste

Macaroni and Cheese

2 cups (500 ml) elbow macaroni

1 cup (250 ml) **Canadian cheddar cheese**, grated

1 recipe Basic White Sauce

Instructions

Basic White Sauce

1. Melt butter in a heavy bottom sauce pan over medium low heat and ensure that you do not brown it.
2. Add flour and stir until fully mixed. The butter and flour mixture should bubble up slightly.
3. Add about ½ cup of the warm milk slowly and stir to keep the mixture smooth.
4. Add the remainder of the warm milk slowly. Stir constantly.
5. Heat to just a gentle rolling simmer. Keep stirring constantly. Cook for 6 to 8 minutes until desired consistency and flour is cooked.
6. Season to taste with salt and white pepper.



Instructions

Macaroni and Cheese

1. Cook the elbow macaroni as per the package instructions making sure you do not overcook it. Al dente is best.
2. Drain – do not rinse – and fold the cooked macaroni into the now prepared cheese sauce.
3. While the white sauce is still hot, add the grated cheddar cheese ½ cup at a time and mix well.



Watch a video that demonstrates this recipe on the [moreaboutmilk.ca](http://www.moreaboutmilk.ca) website at www.moreaboutmilk.com/recipes/recipe/easy-mac-and-cheese-with-basic-white-sauce/.

Adapted from Alberta Milk *Easy Mac and Cheese with Basic White Sauce*

www.moreaboutmilk.com/recipes/recipe/easy-mac-and-cheese-with-basic-white-sauce/#

Variations

- Try using different cheeses, such as Gouda or Swiss, in the white sauce.

Tips

- Look for whole wheat macaroni in the grocery store.
- Slightly warming the milk helps it to incorporate into the flour and butter mixture and keeps the sauce nice and smooth.
- Cheese acts like an acid so you must add it slowly and stir constantly to prevent clumping. Keep sauce on a low heat to help prevent curdling or scorching.
- What type of adjustments do you have to make if using different types of cheese or cheese products? Velveeta, mild cheddar and old cheddar cheeses will all melt differently.

Nutrients per serving	Food groups per serving
Calories – 441 kcal	Vegetables and Fruit – 0
Protein – 18 g	Grain Products – 1.5
Fat – 25 g	Milk and Alternatives – 1
Carbohydrates – 37 g	Meat and Alternatives – 0
Fibre – 1 g	
Sodium – 343 mg	
Calcium – 427 mg	

1% milk used in analysis

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Photograph courtesy of Dairy Farmers of Canada

Personal Pizzas

Pizzas are popular, easy to make baked cheese dishes. How would different cheese toppings affect baking time?

Prep time: 10 minutes

Cooking time: 15 minutes

Yields: 6 servings

Ingredients

Crust

- 1¼ cups (310 ml) all-purpose flour
- 1 cup (250 ml) whole wheat flour
- 1 tbsp (15 ml) baking powder
- 1 tsp (5 ml) dried oregano
- ¼ tsp (1 ml) salt
- 1 cup (250 ml) milk
- ¼ cup (60 ml) butter

Topping

- ⅔ cup (150 ml) pizza sauce
- 1½ cups (375 ml) diced vegetables (e.g., peppers, mushrooms, broccoli)
- ½ cup (125 ml) diced lean cooked ham (optional)
- 1½ cups (375 ml) shredded Mozzarella cheese

Instructions

1. Place a large baking sheet upside down on middle rack of oven and preheat oven to 425° F (220° C). Grease one or two more large baking sheets.
2. In large bowl, combine flours, baking powder, dried oregano and salt. Pour in milk and butter. Stir with a fork until soft dough forms.
3. Turn out onto lightly floured surface and knead a couple of times just until smooth.
4. Divide into six pieces. Roll or pat into 6-inch (15 cm) circles and place on prepared baking sheets.
5. Spread pizza sauce on each crust, leaving ½-inch (1 cm) border. Sprinkle with vegetables, ham and cheese.
6. Place pizzas on baking sheet on top of the hot baking sheet in oven. Bake for 12 to 15 minutes or until crust is golden, toppings are hot and cheese is bubbling.
7. Pizzas may have to be baked in two batches.



Watch a video that demonstrates this recipe on the Dairy Goodness website at www.dairygoodness.ca/recipes/personal-pizzas.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Personal Pizzas*
www.dairygoodness.ca/recipes/personal-pizzas



Variations

Hawaiian

- Use chopped ham, pineapple chunks and Swiss cheese.

Chicken and Veggies

- Use cooked chicken, cooked broccoli and sun-dried tomatoes.

Cheeseburger

- Use cooked ground beef, sautéed onions and cheddar cheese. After baking, top with fresh diced tomatoes.

Shrimp Pesto

- Use pesto instead of tomato sauce and top with Mozzarella. After baking, top with cooked shrimp.

Tostada

- Use salsa instead of tomato sauce and top with black beans and cheddar cheese. After baking, top with fresh diced tomatoes and shredded lettuce.

Greek

- Use hummus instead of tomato sauce and top with red onions, black olives and feta cheese. After baking, top with fresh diced tomatoes and cucumbers.

Tips

- Preheating a baking sheet helps make a crispy pizza crust. Use a pizza stone instead if you have one. If you have perforated pizza pans, you don't need the hot baking sheet.

Nutrients per serving	Food groups per serving
Calories – 391 kcal	Vegetables and Fruit – 0.7
Protein – 17 g	Grain Products – 1.8
Fat – 18 g	Milk and Alternatives – 0.7
Carbohydrates – 40 g	Meat and Alternatives – 0.2
Fibre – 3.5 g	
Sodium – 631 mg	
Calcium – 321 mg	

1% milk, ¾ cup peppers, ¾ cup mushrooms and extra lean ham used in analysis

www.eattracker.ca/recipe_analyzer.aspx



Spinach and Cheese Stuffed Pasta Shells

These stuffed pasta shells combine egg and cheeses in a baked dish.

Prep time: 15 minutes

Cooking time: 35 minutes

Yields: 6 servings

Ingredients

- 1 jar (700 ml) low sodium tomato-based pasta sauce
- 2 cloves garlic, crushed
- $\frac{3}{4}$ tsp (3 ml) dried basil
- $\frac{3}{4}$ tsp (3 ml) dried oregano
- $\frac{1}{4}$ tsp (1 ml) freshly ground pepper
- 1 pkg (10 oz) 300 g frozen chopped spinach, thawed and squeezed dry
- 8 oz (250 g) **ricotta cheese**
- 1 **egg**, lightly beaten
- $\frac{1}{4}$ tsp (1 ml) salt
- $\frac{1}{8}$ tsp (0.5 ml) nutmeg
- $\frac{1}{8}$ tsp (0.5 ml) freshly ground black pepper
- 18 (6 oz) 180 g jumbo pasta shells, cooked, rinsed and drained
- 1 cup (250 ml) shredded **Mozzarella cheese**
- $\frac{1}{4}$ cup (60 ml) freshly grated **Parmesan cheese**

Instructions

1. Preheat oven to 350° F (180° C).
2. To prepare sauce, combine pasta sauce, garlic, basil, oregano and $\frac{1}{4}$ tsp (1 ml) pepper and set aside.
3. To prepare filling, combine spinach, ricotta, beaten egg, salt, nutmeg and $\frac{1}{8}$ tsp (0.5 ml) pepper.
4. Spoon about 2 tbsp (30 ml) of filling into each cooked pasta shell.
5. Spread 1 cup (250 ml) of sauce in bottom of a greased, shallow 2 quart (2 L) baking dish.
6. Place stuffed shells in a single layer on top of sauce. Pour remaining sauce over top.
7. Bake covered for 30 minutes or until bubbly and heated through.
8. Remove baking dish from oven. Uncover and sprinkle Mozzarella and Parmesan cheese over top. Continue baking, uncovered, for 5 minutes or until cheese is melted.



Search the internet for videos on "how to stuff pasta shells" and compare the steps to those in this recipe.

Adapted from Atco Blue Flame Kitchen *Spinach and Cheese Stuffed Shells*
www.atcoblueflamekitchen.com/Recipes/Recipe-Box/SPINACH-AND-CHEESE-STUFFED-SHELLS



Variations

- Use cottage cheese instead of ricotta cheese.

Tips

- Cook a few extra pasta shells as some may break during cooking.
- Do not overcook pasta shells as they will lose their shape. They should be cooked just until **al dente**, which means tender but firm.

Nutrients per serving	Food groups per serving
Calories – 375 kcal	Vegetables and Fruit – 1.5
Protein – 19 g	Grain Products – 0.9
Fat – 14 g	Milk and Alternatives – 0.9
Carbohydrates – 44 g	Meat and Alternatives – 0.1
Fibre – 5.6 g	
Sodium – 376 mg	
Calcium – 370 mg	

Low sodium spaghetti sauce, part-skim ricotta and pasta used in analysis

www.eatracker.ca/recipe_analyzer.aspx