

N U T R I T I O U S

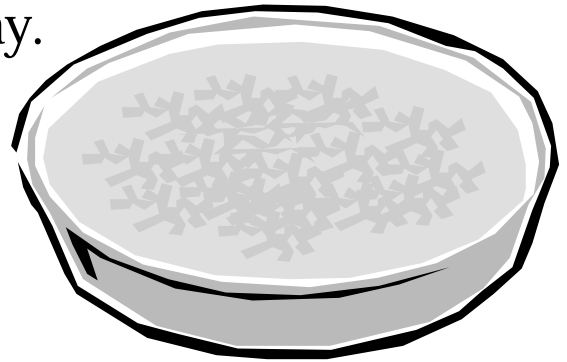
C h e e s e P i e

Cheese is a milk food.

Everyone needs some milk every day.

Milk and milk foods help:

- build strong bones and teeth.
- your muscles work.
- you look and feel good.
- give you pep.



Cheese gives you calcium.

Calcium is a mineral your body needs.

Cheese pie is packed with power for you.

Y o u w i l l n e e d :

1 egg

$\frac{3}{4}$ cup flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

1 cup milk

1 cup cheese, grated or cut in small pieces.

This makes enough for 6 people.



DOT-103

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T o m a k e C h e e s e P i e :

- 1 . Break 1 egg in a bowl. Beat. Add $\frac{3}{4}$ cup flour. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper.
- 2 . Stir in $\frac{1}{2}$ cup milk. Stir until well mixed.
- 3 . Add the other $\frac{1}{2}$ cup milk. Stir until the mixture is smooth.
- 4 . Add $\frac{1}{2}$ cup of cheese, grated or cut in small pieces. Stir.
- 5 . Grease a small baking pan. You may use a pie or cake pan or a glass baking dish.
- 6 . Pour the mixture into the baking pan.
- 7 . Turn the oven to 350°. This is a medium hot oven. If you use a glass baking dish, bake at 325°. Bake the cheese pie for 25 minutes.
- 8 . Remove the cheese pie from the oven. Sprinkle the other $\frac{1}{2}$ cup of cheese over the top of the pie.
- 9 . Put the cheese pie back into the oven. Let the cheese melt. Bake about 2 minutes longer.
- 1 0 . Cut the cheese pie into slices.

Cheese pie is good to eat with fruits and vegetables.



Note : Cook cheese at medium to low temperatures to keep cheese from getting stringy or tough. High temperatures cause cheese to become leathery.

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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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