

# cheddar cheese is *LACTOSE FREE*



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Even if you are lactose-intolerant, *you can* eat aged cheddar cheese.

*Why?* Because in the cheese-making process, after the whey (where most of the lactose is) is separated out from the curd in the milk, natural aging breaks down any remaining lactose leftover. So aged cheeses, like cheddar, contain zero grams of lactose.

## *Lactose Intolerant?*

Enjoy Dairy Again with These Tips

- Drink milk with meals or snacks. Milk is easier tolerated when mixed with other foods.
- Eat yogurt with active cultures. The friendly bacteria in yogurt helps you digest the lactose.
- Eat aged cheeses – they contain little or no lactose – like Colby, Jack, Swiss, Parmesan and, of course, Cheddar.

Dairy foods provide important nutrients such as calcium, protein, riboflavin and phosphorus. Eating 3 servings of dairy foods everyday is the easiest way to get calcium in your diet.



[www.cabotcheese.coop](http://www.cabotcheese.coop)

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## Tamale Skillet Supper (makes 6 servings)



- 1 pound ground beef chuck
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 1 (15-ounce) can kidney beans, drained
- 1 (14 ½-ounce) can Mexican-style stewed tomatoes
- Cooking Spray
- 1 (16-ounce) tube prepared polenta\*, cut into 1/4-inch-thick slices
- 4 ounces Cabot 50% Reduced Fat Cheddar, grated (about 1 cup)
- Chopped fresh cilantro or parsley (optional)

1 In large skillet over medium-high heat, combine ground beef, onion and bell pepper; cook until beef is browned, about 5 minutes, breaking it up with spoon. Drain well. Stir in beans and tomatoes and cook, stirring occasionally, until mixture is thickened, about 10 minutes longer. 2 Preheat oven to 375°F. 3 Coat 1 1/2-quart baking dish with cooking spray. Line bottom and sides of dish with some of polenta slices, leaving enough to cover top. Spoon in beef mixture, then sprinkle with cheese. Top with remaining polenta slices. 4 Bake for 25 minutes, or until lightly browned and bubbly. Let stand for 10 minutes before serving. Sprinkle with cilantro or parsley, if desired.

\* Find prepared polenta in produce section of supermarket.

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For more info on how Cabot cheese fits into your healthy lifestyle, visit us at

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