

These kid-pleasing

CABOT CHEDDAR CRAZY BOBS

are a great way to help your family get into the habit of including 2 to 4 servings of fruits and 3 to 5 servings of vegetables in their daily diet.

Thread skewers with alternating chunks of **Cabot 50% Reduced Fat Cheddar Cheese** and your favorite fruits, like whole strawberries and grapes or chunks of pineapple or banana; for a veggie version, use red and yellow cherry tomatoes, bell peppers, sugar snap peas... whatever vegetable that makes your taste buds happy.



Since 1919, the New England and New York farm families who own Cabot Creamery Cooperative have used only the finest ingredients and old-world, traditional cheesemaking methods to produce internationally award-winning cheeses, including the "World's Best Cheddar."

To learn more about our cheeses, find more great recipes and pairings, or to simply learn more about our farm families who own, operate and share the profits of Cabot - who we are and what we do - visit us at

cabotcheese.coop

THE CABOT HEALTHY KITCHEN HELPER

*Essentials for your fast,
easy path to healthy eating*



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UTENSILS

- ❑ Measuring cups
- ❑ Measuring spoons
- ❑ 10" non-stick skillet
- ❑ 12" non-stick skillet
- ❑ 3 gallon stock pot
- ❑ Large saucepan
- ❑ Good knives – paring, carving, chopping
- ❑ Vegetable peeler
- ❑ Potato masher
- ❑ Garlic press
- ❑ Steamer basket
- ❑ Plastic cutting boards (dishwasher safe)
- ❑ Containers for refrigerator and freezer
- ❑ Zip closure bags
- ❑ Immersion blender, blender, or food processor
- ❑ Slow cooker

REFRIGERATOR

- ❑ Fresh, cleaned fruit and vegetables
- ❑ Fresh herbs: Parsley, basil, cilantro
- ❑ Salad fixings
- ❑ Filtered water
- ❑ Lean sandwich meat (turkey, ham, roast beef)
- ❑ Eggs or egg substitute
- ❑ Fat-free or low fat milk
- ❑ Low fat yogurt
- ❑ Cabot 50% and 75% Reduced Fat Cheddar
- ❑ Cabot Serious Snacking Bars
- ❑ Reduced sodium ketchup, Dijon mustard
- ❑ Reduced sodium soy sauce

FREEZER

- ❑ Extra lean ground beef and turkey
- ❑ Boneless, skinless chicken breasts
- ❑ Frozen veggies (no sauce added)
- ❑ Frozen fruit
- ❑ Home-made chicken, vegetable or beef broth
- ❑ Whole wheat bread, English muffins
- ❑ "Savings account" meals

PANTRY

- ❑ Low sodium chicken, vegetable and beef broth
- ❑ Extra virgin olive oil
- ❑ Canola oil
- ❑ Vinegar: cider, wine, balsamic
- ❑ Whole grain, high fiber cereal
- ❑ Oatmeal
- ❑ Whole grain tortillas
- ❑ Tuna fish, salmon, packed in water
- ❑ Canned tomatoes
- ❑ Pasta sauce, low sodium
- ❑ Pasta, whole grain, protein added
- ❑ Brown rice, barley, quinoa and whole wheat cous cous
- ❑ Beans (black and kidney)
- ❑ Roasted almonds
- ❑ Nut butters (peanut, almond)

KITCHEN STAPLES

- ❑ Potatoes
- ❑ Sweet potatoes
- ❑ Onions
- ❑ Garlic
- ❑ Lemons
- ❑ Sea salt
- ❑ Pepper mill
- ❑ Dried Herbs and Spices

MAKE-AHEAD STUFFED SHELLS

with Cabot White Cheddar Cheese

Makes 4 servings

Time in the kitchen is a luxury many don't have at the end of a long day. Use this make-ahead version of Cabot's famed Stuffed Shells to prepare a nourishing dinner whenever the time is right. These can be frozen up to 1 month in advance, thawed the night before in the refrigerator and baked according to the directions below.

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| 1 cup fat-free ricotta cheese | 1 clove garlic, minced |
| 2 ounces 1/3-less-fat cream cheese, softened | 1/4 teaspoon freshly ground black pepper |
| 8 ounces Cabot 50% Reduced Fat Cheddar, grated & divided (about 2 cups) | 1/8 teaspoon ground nutmeg |
| 1 large egg, lightly beaten | 16 large dried pasta shells |
| 16 large fresh basil leaves, chopped | 1 (26-ounce) jar low sodium marinara sauce |
| | Fresh basil leaves (garnish) |

❶ Place ricotta and cream cheese in a bowl and mash together. Stir in 1 cup grated cheese, egg, chopped basil and garlic. Season with salt, pepper and nutmeg; set aside. ❷ Preheat oven to 400 degrees. ❸ In large pot of boiling water, cook pasta until al dente, or barely tender. Drain well, making sure to empty shells of any remaining water; set aside to cool briefly. ❹ Spread about 1/2 cup marinara sauce over bottom of large baking dish. Spoon ricotta mixture evenly into shells and arrange in dish. Pour remaining sauce over top. Cover with aluminum foil and bake for 30 minutes. Uncover dish, sprinkle with remaining grated cheese and bake for an additional 10 minutes. ❺ Remove from oven and garnish with fresh basil.

FOR BEST RESULTS OR TO MAKE EVEN HEALTHIER:

- ✓ Use reduced sodium marinara sauce
- ✓ Use whole wheat or multi-grain pasta
- ✓ Use fresh garlic and herbs instead of jarred or powdered
- ✓ Use Cabot No Fat Cottage Cheese instead of ricotta to give a different texture
- ✓ Use fat free cream cheese to reduce fat

Recipe courtesy of chef Jon Ashton.

NUTRITION ANALYSIS

Calories 500, Total Fat 15g, Saturated Fat 8g, Sodium 1230mg, Carbohydrates 60g, Dietary Fiber 6g, Protein 32g, Calcium 600mg

