



# Cheddar Cheese is Lactose-Free

You can eat aged cheddar cheese,  
even if you are lactose-intolerant.



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



## 10 Minute Lactose-Free Mac & Cheese *Makes 2 servings*

### INGREDIENTS

- 8 ounces uncooked small elbow macaroni, rigatoni or penne pasta
- 1 cup reduced-fat lactose-free milk
- 1 tablespoon cornstarch
- 1 /2 tablespoons warm water
- 4 ounces Cabot Alpine Cheddar, Cabot Sharp Cheddar, or Cabot Seriously Sharp Cheddar, grated (about 1 cup)
- 1/2 teaspoon Dijon mustard
- 1 1/2 teaspoon salt
- Crumbled bacon (optional)

### DIRECTIONS

1. In a large pot of boiling salted water, cook pasta according to package directions, about 7 minutes. 2. Meanwhile, in medium saucepan, bring milk to simmer over medium heat, stirring often so it doesn't scorch on bottom of pan. 3. In small cup or bowl, completely dissolve cornstarch in water; stir into milk. Continue stirring until sauce is simmering and slightly thickened. Remove from heat. Add cheese, mustard and salt, stirring well. 4. Drain pasta. Combine with sauce. Serve topped with bacon, if desired.

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## Enjoy Dairy Again!

- Drink milk with meals or snacks. Milk is more easily 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.

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