

Ricotta Cheese

Nutrition News: *This recipe is an Excellent source of Calcium which keeps bones and teeth strong.*

Yield: $\frac{3}{4}$ cup

Ingredients:

- 1 quart milk, 2%
- 4 $\frac{1}{2}$ teaspoons distilled vinegar
- $\frac{1}{2}$ teaspoon salt

Directions:

1. Mix milk and vinegar
2. Heat on stove to 185°F, stirring so the mixture doesn't scorch.
3. Remove from heat. Let set for 10 minutes.
4. Chill pan of curds and whey in ice water bath for 40 minutes.

The milk will separate into curds (white, settles on the bottom of the pan) and whey (yellowish, clear liquid floating on the top).

5. Prepare to separate the curds and whey: Line a sieve with several layers of cheese cloth that over hangs the sieve, or set up a jelly bag. Place the sieve over a bowl, pan or measuring cup. Pour the entire mixture through the cheese cloth. Let it drip for an hour. Then, gently squeeze the cheese in the cheese cloth to release any other whey. Discard the whey.
6. Put the cheese into a bowl and stir in $\frac{1}{2}$ to 1 teaspoon salt. Wrap in plastic wrap, or store in an airtight container and keep in the refrigerator. Use within two weeks.

Tip:

- You can lower the fat content of your cheese by choosing low or no-fat milk.
- Stirring is important. Once your milk reaches 100°F, you should change from stirring occasionally to continuously. You may see particles of milk separating out. This is normal.

Serving suggestion: This cheese is very mild and somewhat crumbly with a smooth texture and can be eaten with crisp apple or pear slices or on crackers with finely diced veggies such as red peppers. You can also use it in casseroles or stuffed pasta recipes.

Equipment and Supplies:

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| 3-quart saucepan | Stirring spoon (heat-resistant) |
| Fine mesh sieve (about 8" in diameter) | Cheese cloth |
| Liquid measuring cup | Measuring Spoons |
| Metal stem or candy thermometer | Large metal bowl (for ice water bath) |
| Food-grade container or plastic wrap | |



Easy Lasagna Bake

Nutrition News: This recipe is a good source (at least 10% of Daily Value) of iron and an excellent source (at least 20% of Daily Value) of calcium.

Ingredients:

1 pound ground beef (10% fat)
2 (15-ounce) cans tomato sauce
1 tablespoon Italian seasoning
1 cup water

2 ½ cups shredded part-skim mozzarella cheese
1 container (15 ounce) part-skim ricotta cheese
¼ cup chopped fresh parsley

8 extra-wide lasagna noodles, uncooked

Directions:

1. Preheat oven to 350°F.
2. Brown meat, drain fat. Add tomato sauce, spices and water.
3. Mix chopped parsley and ricotta cheese.
4. In 9 x 13 baking pan, layer the ingredients: 1/3 of meat sauce, 4 noodles, 1/2 of ricotta cheese, and 1/3 of mozzarella cheese. Repeat. Add remaining meat sauce and mozzarella cheese.
5. Cover tightly with greased aluminum foil.
6. Bake for 45 minutes. Remove foil and bake for 15 more minutes. Let stand 15 minutes before serving.

Tip:

- Serve with a crisp green salad with lite vinaigrette and a cup of low or no-fat milk. Enjoy fresh fruit for dessert.
- Refrigerate leftovers within 2 to 3 hours of serving.

Nutrition Facts	
Serving Size (140g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 380mg	16%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 14g	
Vitamin A 8%	• Vitamin C 8%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Yield: About 16 servings



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