

## COMMODITY FOODS

# INSTANT NONFAT DRY MILK

Nonfat dry milk is made by removing water from pasteurized skim milk.

### Storage

- Store nonfat dry milk on a shelf in a cool, dry place. For best quality, use within 1 1/2 to 2 years.
- Store opened nonfat dry milk in a tightly covered container.
- After mixing milk with water (*reconstituting*), cover the milk and store in refrigerator. Use within 3 to 5 days.

### Uses & Tips

- Use reconstituted nonfat dry milk in place of fresh milk for beverages and for cooking.
- Use in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards.
- Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes to increase calcium, protein and vitamin A content.



### **Quick Macaroni and Cheese** Serves 8.

- 1 quart prepared (reconstituted) nonfat dry milk
- 2 cups dry macaroni
- 2 cups cheese, shredded or finely chopped
- 1/2 tsp. salt
- 2 Tbsp. butter/margarine

1. Heat milk in a saucepan.
2. Add 2 cups of dry macaroni. Lower heat and cook for 5 minutes.
3. Add cheese, salt and butter/margarine. Stir gently.
4. Pour cheese and macaroni mixture into a baking dish.
5. Bake at 350°F for about 30 minutes or until browned on top.

**NUTRITION FACTS (per serving) - Calories 270 ~ fat 12 g ~ calories from fat 110 ~ sodium 640 mg ~ total carbohydrate 27 g ~ fiber < 1 g**



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