



A cooking and nutrition Fact Sheet

August 2010

Milk

STORAGE OF MILK

Milk is a nutrient dense food, rich in protein, carbohydrates, vitamins and minerals. Keeping milk safe to drink will ensure you enjoy all of the benefits milk has to offer.

The "sell by" date on milk is a guide to buying fresh milk. Proper care ensures freshness for 5 to 7 days after the "sell by" date.

To preserve the quality of milk, do the following:

- **Storage:** Keep milk in original carton. Milk cartons are designed to reduce light exposure. This prevents off-flavors and loss of nutrients.
- **Refrigeration:** Store milk at 40°F or less. Keep container closed to prevent absorbing other flavors. Return milk to the refrigerator as soon as possible to prevent bacteria from growing. Never return unused milk to the original container. Do not drink directly from the container.
- **Freezing:** Milk can be frozen, although small flecks of protein may form. Flecks may dissolve if the milk is thawed slowly in the refrigerator. Beat or shake the milk to disperse the protein flecks.

WAYS TO USE MILK:

Smoothies	Cheese Sauces
Blender Drinks	Milk Gravies
Quiches	Scrambled Eggs
Flavored Pudding	Omelets
Bread Pudding	Hot Chocolate
Rice Pudding	Scalloped Potatoes
Cream Soups	Au Gratin Potatoes
White Sauces in Casseroles	Cooking Hot Cereals

TYPES OF MILK

- **Whole Milk** - (homogenized) contains 3.25% milk fat
- **Reduced Fat Milk** - contains 2% milk fat
- **Lowfat Milk** - contains 1% milk fat
- **Fat-Free Milk** - (skim milk) contains less than 0.5% milk fat
- **UHT Milk** - shelf stable milk that requires no refrigeration until the container has been opened. Once opened, use just as you would regular milk.
- **Dry (Powdered) Milk** - milk that has had the moisture removed resulting in milk powder. Add water according to directions. Once mixed, use just as you would regular milk.
- **Flavored Milk** - contains flavors and optional sweeteners which are added to any of the white milks
- **Buttermilk** - milk with a special bacterial culture added to produce the acidity, body, flavor and aroma
- **Evaporated Milk** - milk with half of the water removed by a special vacuum process.
- **Sweetened Condensed Milk** - milk from which water has been removed and to which sugar has been added, resulting in a very thick, sweet, product used mainly in baking.
- **Specialty Milks** - are available for people with allergies or special needs. These may include: lactose free, acidophilus, goat's milk and organic milk.

Peachy Pudding

Yield: 6 servings

1 large (6 ounce) package instant vanilla pudding
1 16-ounce can sliced peaches
2½ cups milk

1. Place pudding into jar.
2. Drain juice from the peaches and put into jar with pudding mix. Add milk.
3. Tighten lid on jar and shake until juice, milk and pudding are thick. Gently fold in peaches.
4. Spoon into dishes and chill. Eat within 2 days.

☆Variations

- Use chocolate or but Pudding: Increase the milk to 3 cups and add one sliced banana.
- Butterscotch Pudding and canned pears.
- Use any of the following fruits to any flavor of pudding: fruit cocktail, strawberries, grapes cut in ½. Remember when you add fresh fruit you must increase the milk to 3 cups.

Rice Pudding

Yield: 8 servings

2 cups cold cooked rice
2 cups milk
½ cup sugar
1 Tablespoon butter or margarine
½ teaspoon vanilla
1 teaspoon cinnamon
½ cup raisins (optional)

1. Put rice, milk, sugar, margarine, cinnamon and raisins (if using) in a medium sauce pan.
2. Cook over medium heat, stirring frequently until thick for about 20 to 25 minutes. Remove saucepan from heat.
3. Stir in vanilla. Pour into individual serving cups or a casserole dish.
4. Serve hot or cold.

Skillet Tuna Casserole

Yield: 4 servings

4 cups water
3 cups uncooked elbow noodles
¼ cup butter or margarine
¼ cup chopped onion
¼ cup all-purpose flour
2 cups milk
1- 16 ounce can peas, drained or package frozen peas
1- 6.5 ounce can tuna, drained
1 cup shredded cheese

1. Bring water to boil in medium saucepan. Add noodles and boil 6 minutes. Drain.
2. While noodles are cooking, melt margarine in skillet over medium heat. Add onions and cook until soft.
3. Stir flour into margarine and onions.
4. Gradually add milk and cook until mixture thickens, stirring often.
5. Add drained peas, tuna, noodles and cheese. Mix together. Heat through in skillet and serve.

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