Nutrition Info
One slice of cheddar cheese provides 120 calories, 8 grams of protein and 200 mg of calcium.

Fun Facts
Most cheese is made from cow’s milk, but some are made from goat’s or sheep’s milk.

It takes 10 pounds of milk to produce just 1 pound of cheese!

Wisconsin is home to more than 600 varieties, types and styles of cheeses that are crafted by more than 100 Wisconsin cheesemakers.

Uses
Looking for something to bring for the holidays? Make your own cheese and fruit platter. Cheese pairs nicely with apples, grapes and berries or even with dried fruit such as craisins and apricots.

Try a gourmet grilled cheese sandwich! Here are a few ideas: pesto, mozzarella cheese and tomatoes; avocado, pepperjack and bacon; or ham, apple butter and Swiss cheese.

Farm2School Updates
Farm2School Chili debuted on the menus of all 33 public schools in La Crosse and La Crescent last month! Also participating in the roll out of our first Farm2School entrée were both Gundersen Health System and Mayo Clinic Health System-Franciscan Healthcare along with People’s Food Co-Op and select childcare and Head Start sites.

This dish is minimally processed and delicious and is made with hearty beans and local veggies that were frozen during their peak season. The recipe has been released - find it on the back page and give it a try at home!
Farm2School Chili
Serves 4

Ingredients:
- 1 Tbsp. extra virgin olive oil
- 1 cup diced onions
- 3/4 cup diced carrots
- 3/4 cup diced celery
- 1 tsp. granulated garlic (or garlic powder)
- 1 Tbsp. chili powder
- 1 cup diced green bell pepper
- 1 cup diced red bell peppers
- 1 1/2 cups diced mushrooms
- 1 ¾ cups frozen corn
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 Tbsp. ground cumin
- 1/2 Tbsp. dried oregano
- 1/2 Tbsp. dried basil
- 1/2 tsp. salt
- shredded cheddar cheese

Directions:
Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed. Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

Nutrition Facts (per 1 cup serving):
150 calories, 2 g fat, 7 g protein, 27 g carbohydrate, 7 g fiber, 275 mg sodium