

# EVERYDAY SHOPPING: CHEESE

healthyfood GUIDE

## HFG PICKS

### BEYOND CHEDDAR: CHEESES WE LIKE

#### ■ Lemnos

**haloumi** is a firm cheese that retains its shape when cooked. Spray with a very small amount of oil to fry, or even better put it under the grill. It can become rubbery if you stand it too long so serve it immediately. Great in salads.



■ **Canaan galilee** is a soft, fresh white cheese, with 5% fat. Use it as a spread to add flavour on crackers or in sandwiches.



The Canaan cheese range is free of preservatives, colouring, thickeners and stabilisers as well as being vegetarian and kosher.

■ **Kapiti mozzarella** is great for making authentic home-

made pizza. If you're time-challenged, try Mainland grated mozzarella.



■ **Kaimai bocconcini**, small balls of fresh mozzarella, makes a delicious salad with tomato and basil. Drizzle with balsamic vinegar or glaze.



■ **La vache qui rit (that's 'the laughing cow' in French) cheese spread wedges** are useful for the work snack pack. The new 'light' version is only 11% fat.

■ **Bouton d'or quarg** is a good alternative to using standard sour cream for desserts as it's only 10% fat rather than 20%.



■ Two products designed for kids' lunchboxes are **Kraft dairy**

**bites 'cheesy pops' and Bega 'stringers'**. These, and the huge range of cheese slices now available, are an easy way to include an appealing dairy snack in the lunchbox.



■ Just fancy cheddar? **Mainland** offer a range of cheddar cheeses: Organic and Vegetarian are both standard cheddar styles at 37% fat and the Light cheddar is 24% fat.

