

Cool, Tasty and Wholesome



(NAPSA)—When you visit the cool aisles of your grocery store, you can find convenient and tasty foods such as cheeses, yogurts, dips, potatoes, eggs, juices and more. When you get them home, take note of these hints on saving and storing them:

- Your refrigerator temperature should be at 40°F—you can check it with an appliance thermometer.

- Store dairy products such as yogurt, milk, cream and cottage cheese in their original containers, with lids closed tightly.

- Refrigerate cheese in its original wrapper; after opening, store in air-tight containers.

- Cheeses are best stored as close to the bottom of the refrigerator as possible—the vegetable compartment is ideal.

- Store milk in the coldest part of the refrigerator—not on door panels.

- Avoid exposing milk, cream and other dairy products to bright light as it can affect flavor.

- Brush or vacuum dirty refrigerator or freezer coils—you can improve energy efficiency by as much as 30 percent.

Here, from The National Fro-

zen & Refrigerated Foods Association (NFRA), is a delicious and easy breakfast to make, with key ingredients from the refrigerated dairy aisle:

Cheddar Potato Pancakes

2½ cups refrigerated hash brown potatoes

¼ cup refrigerated egg substitute

¾ cup shredded, sharp cheddar cheese

¼ cup chopped onions

2 Tbsp. flour

½ tsp. salt

¼ tsp. pepper

½ tsp. dried thyme

¼ cup vegetable oil, divided

¾ cup dairy sour cream

Mix first 8 ingredients in medium bowl. Form into 8 oval patties. Heat 2 Tbsp. oil in a nonstick skillet over medium heat. Cook until golden, turning once (4-5 minutes). Drain on paper towels. Serve pancakes with a dollop of sour cream.

June is Dairy Month, and to celebrate the occasion, NFRA created a \$7,500 Sweepstakes. For contest dates, official rules and an entry form, visit www.EasyHomeMeals.com.

