

How To Make It Melt

There has always been one constant truth in the Universe, that Fat Free Cheese can't melt. Actually it can, it's just always done a really bad job of melting. (It sucks at it, actually.)

One afternoon while cooking I accidentally dropped some fat free cheese on the kitchen counter and it landed up against a little dab of yogurt. I was feeling lazy and decided to clean it up later. However when I came back, the two had kind of melded together, which gave me the idea to try this.

By mixing ANY amount of fat free shredded cheese with roughly 1/2 as much fat free plain or greek yogurt, then using it as a spread, you can "cheese" a pizza, lasagna, casserole, any dish you want, for virtually no points compared to regular cheese. It sounds so wrong... but it's so right. Once exposed to high heat, the yogurt and cheese both melt together..



Fat Free Cheese Hack

How To Make Fat Free Cheeses Melt Like Regular Cheese

Ingredients:

- Any amount of Fat Free Shredded Cheese
- Roughly 1/2 to 3/4 as much Fat Free Plain or Greek Yogurt

Directions:

- 1 Take any amount of Fat Free Shredded Cheese (*or low fat cheese if you would like to make that more melty as well*) and mix it in a mixing bowl with the yogurt until well combined into a thick ricotta-like sticky mixture.
- 2 Spread or dollop the cheese onto the surface of the dish you would like it to melt on. Cook in the same manner that you would regular cheese. (IE: Baked into a casserole, on top of Chicken Parmesan, etc)

COOKING TIPS:

- A huge benefit of this versus just rinsing off the cheese to help it melt is that the yogurt adds volume to the cheese, stretching it further in your recipe. Add 1 cup of yogurt to 2 cups of cheese and you now have a lower point stand-in for 3 cups of cheese.
- The "Point" value for this technique is based entirely upon how much fat free cheese you decide to use, as well as what 0 point foods are allowed on your 'personal' plan. If you get fat free Greek yogurt for 0 points, this lets you 'cheese' an entire pan of lasagna for only 4 or 5 total points.

Points & Servings:

The points and number of servings is completely dependent upon how much of the cheese you use and how you will be using it. You will need to figure out the points for yourself, based upon your needs.

