Mexican-Style Cheese Blend

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING
16	1 oz (28 g; about 1/4 cup)	About 6 g

Ingredients

- **8 oz (227 g) Monterey Jack**, shredded
- **4 oz (113 g) Oaxaca cheese**, shredded
- **4 oz (113 g) sharp cheddar**, shredded

Directions

1. **Weigh.** Measure each cheese by weight while cold. The blend is **50% Monterey Jack, 25% Oaxaca, and 25% sharp cheddar**.
2. **Shred.** Shred the Monterey Jack, Oaxaca, and sharp cheddar into a clean, dry bowl while the cheeses are cold.
3. **Mix.** Toss gently until all three cheeses are evenly distributed. No starch, oil, or seasoning is needed.
4. **Portion & use.** Makes **1 lb (454 g), about 4 loosely filled cups**. Use for burritos, quesadillas, enchiladas, nachos, or toppings. For the bean-and-cheese burritos, use **1 oz (about 1/4 cup) per burrito**.

Store & Use

Refrigerator: Seal in an airtight container or bag and keep at **40°F or below**. Use within **5-7 days**, or sooner if any cheese package gives a shorter after-opening limit. Mixing does not restart the storage time of already-opened cheese.

Freezer: Pack in small portions, press out excess air, label, and freeze for **up to 2 months for best quality**. Freezing can make the cheese more crumbly; use it in cooked dishes.

Thawed: Thaw overnight in the refrigerator and toss to loosen the shreds. **Frozen:** Sprinkle directly into dishes that will be cooked, or thaw first. Melt as part of the dish rather than reheating the blend on its own.