



## Dairy Recipes & Nutrition for Food Pantries

Video links, recipes, &  
nutrition facts for food  
pantry clients

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**AMERICAN DAIRY**  
**ASSOCIATION INDIANA<sup>INC.</sup>**



# WE'RE SOCIAL!

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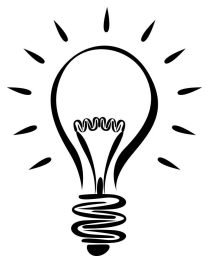


# About this Booklet



## **Goals of this Booklet:**

- Provide information from the American Dairy Association Indiana to help food banks and pantries better serve their clients through the use of milk, cheese and yogurt dairy products in their daily diets.
- Provide a background of contacts and support to help food pantries provide recipes, information and handouts to often asked and requested information to their clients
- Provide seasonal recipes to help enhance the foods provided during the shopping experience in the food pantries for all culinary levels.



# Helpful Tip: Fruits and Veggie Cost Less when they're In Season!

Information courtesy of <https://snaped.fns.usda.gov/seasonal-produce-guide>

## Spring

Apples  
Apricots  
Asparagus  
Avocados  
Bananas  
Broccoli

Cabbage  
Carrots  
Celery  
Collard Greens  
Garlic  
Kale

Kiwifruit  
Lemons  
Lettuce  
Limes  
Mushrooms  
Onions

Peas  
Pineapples  
Radishes  
Rhubarb  
Spinach  
Strawberries

Swiss Chard  
Turnips

## Summer

Apples  
Apricots  
Avocados  
Bananas  
Beets  
Bell Peppers

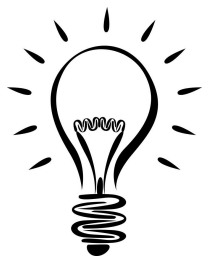
Blackberries  
Blueberries  
Cantaloupe  
Carrots  
Celery  
Cherries

Corn  
Cucumbers  
Eggplant  
Garlic  
Green Beans  
Honeydew Melon

Lemons  
Lima Beans  
Limes  
Mangos  
Okra  
Peaches

Plums  
Raspberries  
Strawberries  
Summer Squash  
Tomatillos  
Tomatoes

Watermelon  
Zucchini



# Helpful Tip: Fruits and Veggie Cost Less when they're In Season!

Information courtesy of <https://snaped.fns.usda.gov/seasonal-produce-guide>

## Fall

Apples	Cabbage	Kiwifruit	Parsnips	Radishes	Turnips
Bananas	Carrots	Lemons	Pears	Raspberries	Winter Squash
Beets	Celery	Lettuce	Peas	Rutabagas	
Bell Peppers	Collard Greens	Limes	Pineapples	Spinach	
Broccoli	Garlic	Mushrooms	Potatoes	Sweet Potatoes & Yams	
Brussels Sprouts	Kale	Onions	Pumpkin	Swiss Chard	

## Winter

Apples	Celery	Limes	Pumpkin
Avocados	Collard Greens	Onions	Rutabagas
Bananas	Grapefruit	Oranges	Sweet Potatoes & Yams
Beets	Kale	Parsnips	Swiss Chard
Brussels Sprouts	Kiwifruit	Pears	Turnips
Cabbage	Leeks	Pineapples	Winter Squash
Carrots	Lemons	Potatoes	

The background of the slide is a collage of various dairy products. It includes a glass of white milk, a block of yellow cheese, a bowl of pink yogurt, and shredded yellow cheese on a wooden cutting board. There are also some orange slices visible in the background.

# Dairy Benefits Everyone

**The variety of nutrient-rich options available from dairy foods offers something for almost everyone's wellness and taste needs. Dairy foods like milk, cheese and yogurt provide high-quality protein, calcium, vitamin A, B vitamins and more! And, milk packs in nine essential nutrients in every serving. Research shows that healthy eating styles, which include low-fat or fat-free dairy foods, have been associated with a reduced risk of some of the most prevalent chronic diseases in the U.S.—cardiovascular disease, type 2 diabetes, overweight and obesity.**



# DARE TO COMPARE DAIRY'S *Nutritional* VALUE

It takes  
3 cups of cooked *broccoli*  
to equal the calcium in  
1 cup of *milk*.



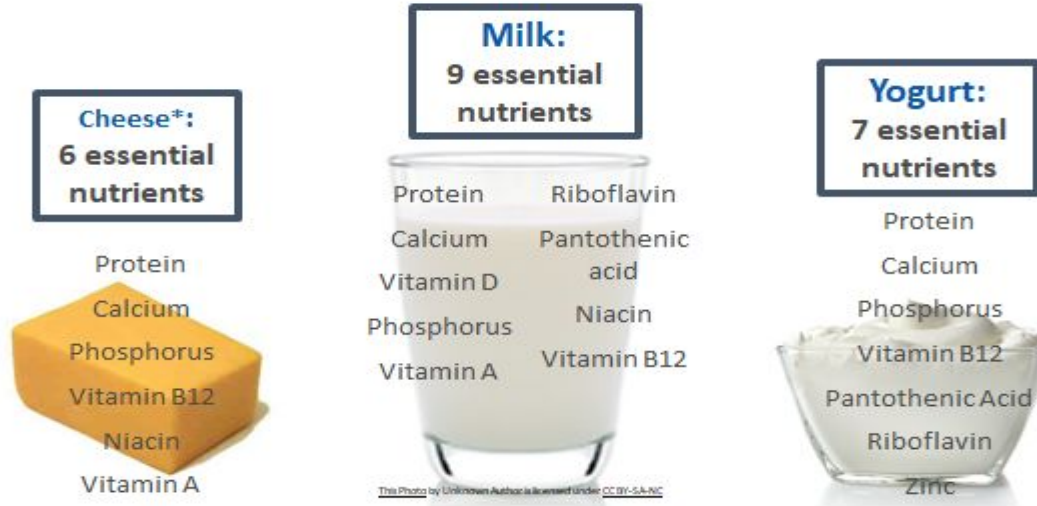
An 8-ounce serving of  
*low-fat plain yogurt*  
contains 490 milligrams of  
potassium; about the same  
as a *banana*.

An ounce of  
*hard cheese (like Cheddar)*  
contains 8 grams of protein;  
an *egg* contains 6 grams.



Dollar for dollar,  
dairy foods are  
the most  
economical food  
source of  
nutrition

[USdairy.com](http://USdairy.com)



Dairy products contain essential nutrients critical to the growth and maintenance of a healthy mind and body.

# Nutrition Bites and Bytes



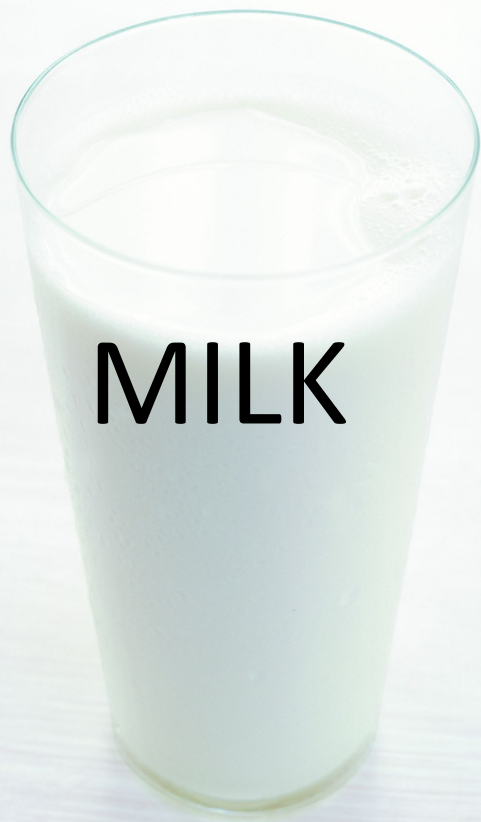
- Milk is well known as an excellent source of calcium. Regardless of its fat content, milk provides 8 grams of protein and about 300 milligrams of calcium per serving (8 fluid ounces). The chart below provides information on the calcium content of fluid milk products per serving. A diet that includes three servings of milk (or other comparable dairy foods) each day provides enough calcium and other nutrients that may help reduce the risk of osteoporosis, high blood pressure and colon cancer.
- Children 4 – 8 : 3 servings
- Children 9 – 18 : 4 servings
- Adults 19 – 50 : 3 servings
- Adults 50+ : 4 servings



# Milk, Cheese and Yogurt are offered in Schools Daily

For the greater part of a century, milk has been an integral part of school meals in the United States; first in lunches, later in breakfasts, and suppers, as well as meals provided in summer programs.

[Click on title for full resource](#)





## BAKED BANANA OATMEAL CUPS

*Spring | Easy | Serves: 12 Oatmeal Cups*



### Ingredients

- 2 and ¼ cups old-fashioned rolled oats
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ¼ tsp salt
- 1 cup mashed banana
- ¾ cup milk
- ¼ cup honey
- 1 large egg
- 1 tsp vanilla extract

### Directions

1. Preheat oven to 350°F. Spray each cavity of a 12-count muffin pan with nonstick cooking spray and set aside.
2. In a large mixing bowl, mix together the oats, baking powder, ground cinnamon, and salt. Set aside.
3. In a separate large mixing bowl, whisk together the mashed banana, milk, honey, egg, and vanilla extract until fully combined. Add the dry ingredients to the wet ingredients and mix until well combined.
4. Evenly distribute the mixture between all 12 cavities of the prepared muffin pan. Bake at 350°F (177°C) for 20-25 minutes or until the tops of the oatmeal cups are set and firm.
5. Remove from the oven and allow to cool for 10 minutes in the muffin pan. Then, carefully remove the oatmeal cups from the pan and transfer to a wire rack to cool.

Recipe and photo sourced from: <https://www.livewellbakeoften.com/banana-baked-oatmeal-cups/>



## 2-MINUTE FRENCH TOAST IN A MUG

*Any Season | Easy | Serves: 1 Mug*

### Ingredients

- 1-2 slices of bread, any kind (enough to just overflow mug)
- 1 Tbsp butter
- 1 egg
- 3 Tbsp milk
- Cinnamon (to taste)
- Vanilla extract (optional)
- Toppings: Fruit of your choice (banana, berries - whatever you like!)



### Directions

1. Cut bread into ½-inch cubes
2. Use a microwave to melt butter in the mug for a few seconds. Swoosh it around the mug.
3. In a separate cup, combine the egg, milk, cinnamon, and vanilla. Stir.
4. Pour the liquid over the bread. Smoosh it a little to allow the liquid to soak into the bread.
5. Microwave the mug for one minute, then again in ten second increments until it's cooked to your liking.
6. Add toppings and enjoy!

Recipe and photo sourced from: <https://www.prettypudent.com/2-minute-french-toast-in-a-cup/>

## 2-MINUTE CHOCOLATE MUG CAKE

*Any Season | Easy | Serves: 1 Mug*



### Ingredients

#### *Dry Ingredients*

- ¼ cup all purpose flour
- ½ tsp baking soda
- ½ tsp baking powder
- Tiny pinch of salt

#### *Wet Ingredients*

- ¼ cup chocolate chips
- ¼ cup milk
- ¼ cup apple sauce
- ½ tsp vanilla
- 2 tsp chocolate powder
- 1 large egg
- 2-4 tsp of sugar (to taste)

### Directions

1. In a separate bowl, microwave chocolate chips and milk on high for 1 minute. Stir well to finish melting the chocolate.
2. Add applesauce, vanilla, chocolate powder, and sugar to the melted chocolate. Mix well.
3. Add dry ingredients to the wet ingredients. Stir well to combine and taste for sweetness. If desired, add more sugar and stir.
4. Gently beat in egg.
5. Spray mug with cooking spray. Pour batter into mug and set on plate (in case it overflows).
6. Microwave on high for 2 minutes.
7. Garnish with fresh berries, chocolate syrup, or whatever sounds tasty!

Recipe and photo sourced from:

<http://www.kitchensimmer.com/2012/10/2-minute-chocolate-mug-cake-with.html>

## APPLESAUCE PUFFS

*Any Season | Easy | Serves: 12 Puffs*



### Ingredients

- 2 cups Bisquick (or other pancake mix)
- ¾ cup sugar (divided)
- 3 tsp cinnamon (divided)
- ½ cup applesauce
- ¼ cup milk
- 1 egg
- 2 Tbsp oil
- 5 Tbsp melted butter

### Directions

1. Preheat oven to 400°F. Grease muffin pan with non-stick spray or butter (not included in ingredients) and set aside.
2. Combine Bisquick, ¼ cup sugar, and 1 tsp cinnamon
3. Stir in applesauce, milk, egg, and oil until well mixed
4. Fill greased muffin pan ¾ full.
5. Bake in oven for 10 minutes.
6. In a bowl, mix ½ cup sugar with 2 tsp cinnamon
7. Dip baked, hot puffs in the bowl of melted butter, and then in the bowl of cinnamon sugar.



Recipe and photo sourced from: <https://www.moritzfinedesigns.com/applesauce-puffs/>

## BLUEBERRY COFFEE CAKE

Summer | Moderate | Serves: 8



### Ingredients

- 1 egg
- ½ cup milk
- ½ cup yogurt, vanilla
- 3 Tbsp canola oil
- ¼ tsp cinnamon
- 2 tsp lemon peel, grated
- 2 cups flour
- ½ cup sugar
- 4 tsp baking powder
- ½ tsp salt
- 1 ½ cups fresh (or frozen unsweetened) blueberries

### Directions

1. Preheat oven to 400°F
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder, and salt onto the liquid ingredients. Stir with fork just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. In a small bowl, combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.

Recipe and photo sourced from: <https://www.snap4ct.org/blueberry-coffee-cake.html>



## LEMON PIE

Spring | Moderate | Serves: 6-8 slices



### Ingredients

- 1 9" pie shell
- 1 cup sugar
- 3 ½ Tbsp cornstarch
- 1 cup milk
- ½ cup lemon juice
- ½ Tbsp lemon zest
- 3 eggs
- ¼ cup butter, softened
- 1 cup sour cream

### Directions

1. Crack the eggs in a bowl and beat lightly.
2. In a large saucepan, combine the sugar and cornstarch. Whisk in the milk and lemon juice and cook over medium heat until mixture is thick.
3. Reduce the heat and cook for 2 minutes.
4. Reduce the heat again and pour the eggs into the saucepan for 2 minutes. Remove from heat.
5. Add the butter and zest. Once the mixture is cooled, stir in the sour cream.
6. Add the filling to the pie shell and refrigerate for 2–3 hours.

Recipe and photo sourced from: <https://www.dairyvure.com/recipes/lemon-pie>

## MANGO POPSICLES

*Summer | Easy | Serves: 6 small popsicles*



### Ingredients

- 1 cup ripe mango, chopped
- ¼ cup milk, boiled and chilled
- Sugar or honey, to taste

\*Will also need popsicle molds/small paper cups and popsicle sticks

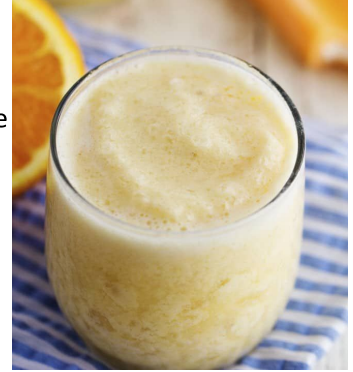
### Directions

1. Blend mango, milk, and sugar/honey until smooth. Add more sugar/honey, if necessary (if the mangoes are sweet, you will not need very much!)
2. Fill popsicle molds a little more than halfway with the mixture, insert stick, and freeze until firm.
3. Once frozen, run the outside of the popsicle mold until room temperature water for a few seconds to remove the popsicle. If you used paper cups, carefully tear the cups off.

Recipe and photo sourced from:  
<https://www.padhuskitchen.com/2014/05/mango-popsicle-recipe-healthy-easy.html>

## ORANGE CREAMSICLE SMOOTHIE

*Summer | Easy | Serves: 4*



### Ingredients

- 1 ½ cups orange juice
- ½ cup milk
- 1 frozen banana, underripe
- 1 tsp vanilla extract
- 2 cup ice cubes

### Directions

1. In a blender, combine the orange juice and milk
2. Add vanilla and the banana, cut into slices, into the blender.
3. Add ice cubes and blend until smooth.

Recipe and photo sourced from: <https://therecipecritic.com/orange-creamsicle-smoothie/>

## CHOCOLATE COVERED STRAWBERRY MILKSHAKE

*Any Season | Easy | Serves: 2*



### Ingredients

- ½ cup milk, divided
- 1 cup frozen strawberries
- 1 ⅔ cup vanilla ice cream
- ¼ cup chocolate chips, melted and still warm

### Directions

1. In a blender, combine ¼ cup milk and the strawberries. Blend until the strawberries are mostly chopped -- some chunks are ok.
2. Add the ice cream and the other ¼ cup of milk. Blend until smooth.
3. Drizzle in the melted chocolate and blend until just incorporated, reserving 2 tsp.
4. Divide the milkshake between two glasses and drizzle with remaining chocolate. Serve immediately.

Recipe and photo sourced from:  
<https://sarahscucinabella.com/2016/02/12/chocolate-covered-strawberries-milkshake-recipe/>

## JACK-O-LANTERN SMOOTHIE

*Fall | Easy | Serves: 4*



### Ingredients

- 4 small oranges
- ½ cup milk
- ½ cup plain yogurt
- 1 tsp vanilla
- 1-2 Tbsp honey
- Your favorite toppings, for decorating

### Directions

1. Cut a thin slice of peel from the bottom of each orange so it will not roll.
2. Slice off the top third of each orange. This is your “cap.”
3. Scoop out the inside of each orange with a spoon.
4. Cut a hole in each “cap” to insert a straw. Let the kids decorate it like a Jack-O-Lantern!
5. Put pulp and juice (without seeds) into blender with milk, yogurt, vanilla, and honey. Blend.
6. Pour blended smoothie into oranges, place cap on top, insert straws, and serve.

Recipe and photo sourced from: <https://horizon.com/recipes/jack-o-lantern-smoothie/>





## HOMEMADE NAAN BREAD

Any Season | Moderate | Serves: 4



### Ingredients

- 3  $\frac{5}{8}$  cups flour
- 2 tsp sugar
- 1 tsp salt
- 1 tsp baking powder
- 1 egg
- 1 cup milk
- 2 Tbsp oil
- 2 Tbsp butter, melted

### Directions

1. Mix flour, sugar, salt, and baking powder in a large bowl.
2. Whisk the egg and milk together in a separate bowl. Gradually add mixture to flour mixture until dough is formed.
3. Transfer dough to a lightly floured surface and make it into a ball. Make a well in the center and add the oil.
4. Knead for 3-4 minutes, or until oil has been absorbed and dough is smooth.
5. Wrap dough in plastic wrap and leave to rest for an hour.
6. Divide dough into 4 equal pieces. Flatten each into a thick cake and wrap in plastic wrap. Set aside for 10-15 minutes.
7. Preheat grill or pan on stovetop on high for 10 minutes. Line with tinfoil and brush with oil.
8. Roll dough into desired shape/thickness.
9. Cook for 1-2 minutes, or until slightly puffed and brown patches appear on surface. Flip and cook until lightly browned.
10. Brush with melted butter.

Recipe and photo sourced from:

[http://kidrecipes.com.au/perfect-homemade-naan-bread/?utm\\_campaign=yummly&utm\\_medium=yummly&utm\\_source=yummly](http://kidrecipes.com.au/perfect-homemade-naan-bread/?utm_campaign=yummly&utm_medium=yummly&utm_source=yummly)



## HOMEMADE BUTTERMILK GREEK YOGURT RANCH DRESSING

Any Season | Easy | Serves: 16 TBSP

### Ingredients

- 1 Tbsp dried parsley
- $\frac{1}{2}$  - 2 tsp garlic powder
- $\frac{1}{2}$  - 2 tsp onion powder
- $\frac{1}{4}$  tsp ground black pepper
- $\frac{1}{2}$  - 1 tsp salt
- 1 Tbsp fresh chives
- 1 cup plain greek yogurt
- $\frac{1}{3}$  cup buttermilk\*
- 1 tsp Dijon mustard
- 1 tsp lemon juice



1\*Can substitute with  $\frac{1}{3}$  cup milk  
+ tsp white vinegar or lemon juice

### Directions

1. Place the spices (dried parsley - fresh chives) into a food processor (or blender) and pulse a few times. Scrape down the sides.
2. Add the remaining ingredients - greek yogurt, buttermilk, Dijon, and lemon juice - and pulse until the ingredients have been fully incorporated.
3. Scrape down the sides, if needed, and pulse again.
4. Transfer into a sealable container (like a mason jar) and place in the fridge until you're ready to use it!

Recipe and photo sourced from:

<https://showmetheycummy.com/homemade-greek-yogurt-ranch-dressing/#recipe>

## CREAMY TOMATO GAZPACHO

*Summer | Easy | Serves: 3*



### Ingredients

- 1 cup milk
- 1 cup condensed tomato soup
- ½ tsp celery salt
- ½ tsp basil
- 1 stalk celery
- 1 carrot, chopped loosely
- 1 cup ice
- 1 tsp hot sauce (optional)

### Directions

1. Blend all ingredients together in a blender until smooth.
2. Get creative! Top with an additional celery sticks, diced vegetables and herbs - whatever sounds tasty!

Recipe and photo sourced from: <https://fairlife.com/recipes/creamy-tomato-gazpacho-recipe/>



## ZUCCHINI FRIES

*Summer | Moderate | Serves: About 32 fries*



### Ingredients

- 2 zucchini
- 1 egg white
- ¼ cup milk
- ½ cup shredded Parmesan cheese
- ½ cup seasoned bread crumbs
- Vegetable cooking spray

### Directions

1. Preheat oven to 425°F.
2. Cut zucchini into 3-inch sticks.
3. Whisk an egg white into a small bowl and add milk.
4. Combine parmesan cheese and seasoned breadcrumbs in a separate bowl.
5. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture.
6. Spray a baking sheet with cooking spray, and place zucchini on sheet.
7. Bake for 25-30 minutes or until golden brown.

Recipe and photo sourced from: <https://www.health.com/recipes/zucchini-fries>

# CHEESY CHICKEN AND ARTICHOKE PASTA

*Spring | Challenging | Serves: 6*



## Ingredients

- 16 ounces uncooked pasta
- 3 cups milk , divided
- 6 Tbsp all-purpose flour
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 ½ cups shredded cheddar cheese
- ½ cup grated Parmesan cheese
- 2 tsp. Dijon mustard
- 2 14-oz. cans artichokes, drained and quartered
- 2 cups cooked chicken, cut into ½-inch pieces or shredded

## Directions

1. For the pasta, place a large pot of water over high heat. When it comes to a boil, add the pasta and cook according to package directions.
2. In a large saucepan over medium-high heat, heat 2 ½ cups of milk. In a small bowl, whisk the remaining ½ cup of milk with flour, garlic powder and salt until well combined.
3. Add the milk/flour mixture to the milk in the saucepan. Simmer the milk mixture, whisking constantly , until it's thickened, about three minutes.
4. Remove from heat and whisk in the cheeses and Dijon mustard.
5. Drain the warm pasta and place on a platter or in a large serving bowl. Add the artichokes and chicken to the pasta and toss.
6. Add the cheese sauce and combine well.

## BEEF AND VEGETABLE STIR FRY

*Spring / Challenging / Serves: 4*



### Ingredients

- 2 Tbsp vegetable oil, divided
- 2 cups small broccoli florets
- 1 small red onion, halved and sliced
- 2 carrots, peeled and thinly sliced
- 2 garlic cloves, crushed
- 1 cup milk
- ¼ cup soy sauce
- 2 Tbsp cornstarch
- 1 tsp ground ginger
- ¼ tsp crushed red pepper
- 8 ounces flank steak
- ¼ tsp salt
- Hot cooked brown rice

### Directions

1. In a large skillet over medium heat, in 1 tablespoon hot oil, cook broccoli, red onion, carrots and garlic about 5 minutes, until vegetables are tender-crisp, stirring occasionally. Remove vegetables to bowl.
2. Meanwhile, in medium bowl combine milk, soy sauce, cornstarch, ginger, salt and crushed red pepper until smooth.
3. Cut flank steak into thin slices; sprinkle with salt.
4. In same skillet over medium-high heat, cook sliced flank steak in remaining tablespoon oil until well browned on all sides, stirring frequently.
5. Return vegetable mixture to skillet. Stir in milk mixture; cook stirring constantly, until mixture is thickened.
6. Toss to mix well and serve with hot cooked brown rice.

## BACON AND CHEESE CORN MUFFINS

*Any Season | Moderate | Serves: 12*



### Ingredients

- 1 cup milk
- 1 cup cottage cheese
- 2 eggs
- ½ cup butter, melted
- ½ cup shredded cheddar cheese
- ½ cup real bacon bits, finely chopped
- 1 11.5-ounce cornbread and muffin mix

### Directions

1. Preheat oven to 400°F. Line 12 standard-size muffin cups with paper liners or coat muffin cups with cooking spray.
2. In a large bowl, use a mixer to combine milk, cottage cheese, eggs and butter. Blend on medium speed for 30 to 45 seconds. Stir in cheddar cheese and bacon bits. Add cornbread mix and stir until just blended. Do not over-mix.
3. Spoon batter into prepared muffin cups, dividing batter equally among the 12 cups. Bake for 11 to 13 minutes or until a toothpick inserted into the middle of the muffins comes out clean. Remove muffins from pan and allow to cool on a wire rack.

Recipe and photo sourced from: <https://hood.com/recipes/bacon-and-cheese-corn-muffins/?sl=e>

## SODA BREAD

*Any Season | Moderate | Serves: 1 loaf*



### Ingredients

- 2 Tbsp white vinegar
- About 2 cups of milk
- 4 ¼ cups all purpose flour
- 1 ½ tsp baking soda
- 1 tsp sea salt
- 1 tsp sugar

### Directions

1. Preheat the oven to 400°F.
2. Add the vinegar to 2 cup or larger measuring cup. Add enough milk to equal a total 2 cups of liquid. Set aside.
3. Combine the flour, baking soda, salt, and sugar in a large mixing bowl. Whisk thoroughly. Make a well in the center and pour in the soured milk. Mix lightly with a fork until the dough comes together.
4. Lightly flour a surface. Tip the dough onto the floured surface, then flour your hands. Gently knead the dough a couple of times, for about 20 seconds. Use a large, sharp knife to cut the dough in two equal pieces.
5. Gently shape the pieces into round loaves, flattening slightly on top. Use your knife to cut a deep cross into the top of each loaf.
6. Place in the oven and bake for about 35 minutes. Let cool on a rack before serving.

Recipe and photo sourced from: <https://www.dairypure.com/recipes/soda-bread-without-buttermilk>



## CREAMED GREEN BEANS

Fall | Moderate | Serves: 3-4



### Ingredients

- 3 cups Fresh Green Beans
- 1 Tbsp butter
- 1 Tbsp flour
- 1 cup Milk
- Salt & Pepper to taste

### Directions

1. Prepare the green beans by snipping of the ends, boil in water until tender and drain off the water.
2. In a small saucepan, melt the butter.
3. Stir in the flour, salt, and pepper.
4. Whisk in the milk and stir until the mixture thickens.
5. Pour the cream over the green beans. Add more salt and pepper to taste and enjoy!

Recipe and photo sourced from: <https://www.thetaylor-house.com/creamed-green-beans/>

## EGG, HAM, AND MUSHROOM QUICHE

Fall | Moderate | Serves: 6

### Ingredients

- 2 Tbsp tub margarine
- 2 medium shallots, peeled and thinly sliced
- 8 ounces sliced mushrooms
- 2 large eggs
- 1 cup milk
- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp salt
- 1 cup shredded cheese
- 3 ounces sliced deli ham, cut into 1-inch pieces

### Directions

1. Preheat oven to 425°F.
2. Generously grease a nine-inch pie plate.
3. In a medium skillet, melt margarine over medium heat. Add shallots and mushrooms and sauté until the mushrooms are soft. Remove the pan from the heat.
4. In a bowl, whisk together eggs, milk, flour, baking powder and salt.
5. To assemble, layer half the cheese and ham into the prepared pie plate. Slowly pour egg mixture into the pie plate. Sprinkle with remaining cheese and ham.
6. Bake for 20 minutes or until a knife inserted in the center comes out clean. Cool on a wire rack for at least five minutes before serving.



Recipe and photo sourced from: <https://hood.com/recipes/egg-ham-and-mushroom-quiche/>

## PUMPKIN YOGURT CHEESECAKE SHAKE

*Easy | Fall | Serves: 6*



### Ingredients

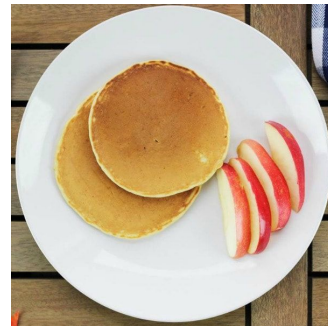
- 1 can (14 ounces) pumpkin, chilled
- 3 ounces cream cheese
- 6 oz vanilla yogurt
- 2 cups milk
- ¼ cup brown sugar
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ⅛ tsp nutmeg
- 6 tsp graham cracker crumbs, optional

### Directions

1. Place all ingredients (except graham cracker crumbs) in a blender and blend until smooth.
2. Pour into glasses and top each serving with a teaspoon of graham cracker crumbs, if desired.

## PUMPKIN PANCAKES

*Moderate | Fall | Serves: 12*



### Ingredients

- 2 cups flour
- 6 tsp brown sugar
- 1 Tbsp baking powder
- 1 ¼ tsp pumpkin pie spice
- 1 tsp salt
- 1 egg
- ½ cup canned pumpkin
- 1 ¾ cups milk
- 2 Tbsp vegetable oil

### Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large bowl.
2. In a medium bowl, whisk together egg, canned pumpkin, milk, and vegetable oil.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray, and heat on medium.
5. Pour ¼ cup batter onto hot griddle. Cook until bubbles begin to appear, then flip pancakes. Cook for 1-2 min or until golden brown. Repeat with remaining batter.

# BROCCOLI CAULIFLOWER CHEDDAR CHICKEN CASSEROLE

*Fall | Moderate | Serves: 6*



## Ingredients

- 4 cups cooked chicken breast, diced or shredded
- 4 oz cream cheese, softened
- $\frac{3}{4}$  cup milk
- 1  $\frac{1}{2}$  cup shredded cheddar cheese, divided
- 3 garlic cloves, minced
- 1 tsp dried oregano
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- 2 cups broccoli florets, bite-sized pieces
- 2 cups cauliflower, bite-sized pieces
- Crushed red pepper and/or parsley for garnish (optional)

## Directions

1. Preheat oven to 400°F.
2. Steam broccoli and cauliflower together just until fork tender – do not overcook – and set aside.
3. In a bowl, combine the chicken, cream cheese, milk,  $\frac{1}{2}$  cup of cheddar cheese, minced garlic, oregano, salt & pepper. Stir until well combined.
4. Transfer to a greased baking dish (9 x 11 or 10-inch round works best). Spread chicken and cheese mixture out in the dish. Top the chicken with steamed vegetables and gently mix. Top with remaining cheddar cheese.
5. Dash with a little pepper and optional pinch or two of crushed red pepper (omit for heat sensitive).
6. Bake in the oven for 20 minutes.
7. If you wish, top with a sprinkle of additional cheese with about 2-3 minutes of baking left.
8. Garnish with optional fresh parsley. Serve hot.

Recipe and photo sourced from:

<https://www.organicvalley.coop/recipes/broccoli-cauliflower-cheddar-chicken-casserole/>



# CREAMY MUSHROOM CHICKEN

*Fall | Challenging | Serves: 4*



## Ingredients

- 4 whole boneless, skinless chicken breasts
- 1 pint white button mushrooms, sliced ¼" and then roughly chopped
- 6 Tbsp butter, divided
- 4 Tbsp flour
- ½ cup whole milk, warmed
- ½ cup sour cream
- 1 Tbsp parsley, chopped
- Salt to taste
- Black pepper (optional)

## Directions

1. Grill chicken breasts 5 minutes on each side or until internal temperature reaches 160°F.
2. In a sauté pan, melt 2 tablespoons of butter over medium-high heat and sauté mushrooms until golden brown; set aside.
3. In a medium saucepan, melt 4 tablespoons of butter. Stir in flour until smooth. Gradually add milk and bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat. Add sour cream, mushrooms, chopped parsley, salt and pepper.
4. Pour sauce over grilled chicken and serve.

## PEPPERMINT HOT CHOCOLATE

Winter | Easy | Serves: 4



### Ingredients

- 4 cups chocolate milk
- ½ tsp peppermint extract
- ¾ tsp vanilla
- Optional: Candy canes, crushed peppermint, whipped cream

### Directions

1. Blend all ingredients in a saucepan.
2. Bring mixture to a simmer and serve in mugs. Get creative and add festive holidays toppings of your choice!

Recipe and photo sourced from: <https://fairlife.com/recipes/peppermint-hot-chocolate-recipe/>

## MINI MILKSHAKE SHOOTERS

Any Season | Easy | Serves: 6



### Ingredients

- ½ cup milk
- ½ tsp vanilla extract
- 3 large scoops vanilla ice cream or a heaping 1-cup of vanilla ice cream
- 1 large spoonful of marshmallow fluff
- Rainbow sprinkles
- 2 cups of semi-sweet chocolate chips
- Toppings: Marshmallows, sprinkles (optional)

### Directions

1. In a blender mix together ice cream, milk, vanilla extract and marshmallow fluff. Blend well and put aside.
2. To rim your glasses, melt about 2 cups of semi-sweet chocolate chips until the chocolate is a liquid (make sure it doesn't burn!) Dip rim in melted chocolate and roll in sprinkles.
3. Put glasses into the freezer for 5-10 minute so the chocolate can harden up.
4. Put blended shake in glasses, garnish, and enjoy.

Recipe sourced from: <https://www.shamrockfarms.net/recipe/mini-milkshake-shooters/>

Photo sourced from: <https://pizzazzerie.com/recipes/desserts/signature-drink-mini-milkshake-shooters/>





## MASHED PARSNIPS

Winter | Easy | Serves: 8



### Ingredients

- 5 cups milk\*
- 10 medium parsnips, peeled and cubed
- 1 tsp salt
- ¼ cup butter
- 1 tsp dried thyme
- ½ tsp ground black pepper, or more to taste
- 1 pinch salt or to taste

\*You can use any type of milk depending on how creamy you prefer them to be

### Directions

1. Heat milk in a large pot over medium heat until warmed and just under a boil
2. Add parsnips and salt, cover with a lid, and cook until parsnips are tender, 25 to 30 minutes.
3. Drain parsnips, reserving the warm milk.
4. Mash parsnips, 1 cup reserved warm milk, butter, thyme, and pepper together in the pot using a hand mixer or by blending in a blender. Add more milk, salt, or pepper as desired.

Recipe and photo sourced from: <https://www.allrecipes.com/recipe/239206/mashed-parsnips/>

## CREAMED CABBAGE WITH BACON

Winter | Moderate | Serves: 6



### Ingredients

- 2 Tbsp butter
- 4 slices turkey bacon, chopped
- 1 medium onion, thinly sliced
- 1½ lbs green cabbage, sliced into thin shreds (about 1 small head)
- 1 large clove garlic, crushed
- ¾ tsp salt
- ¼ tsp black pepper
- ¼ cup water, plus more as needed
- 2 Tbsp all-purpose-flour
- 1½ cup milk
- 1 handful fresh parsley leaves, for garnish (optional)

### Directions

1. Heat the butter in a large skillet over medium heat. Once melted, add the bacon and cook until crispy, about 5 to 7 minutes, stirring occasionally. Use a slotted spoon to transfer the crisped bacon to a paper towel-lined plate to drain off excess butter.
2. To the same skillet, add the onion, cabbage, garlic, salt, black pepper, and water; cook (covered) until the cabbage is tender, about 15 minutes, stirring occasionally. Add water if the pan get too dry.
3. Add the flour and cook 1 minute, then add the milk and cook about 2 minutes more, stirring constantly. Turn off the heat and stir in the bacon.
4. Transfer to a serving dish and top with the parsley, if using.

Recipe and photo sourced from: <https://www.anediblemosaic.com/creamed-cabbage/?cn-reloaded=1>

# ROASTED POTATO AND GARLIC SOUP

*Winter | Moderate | Serves: 3-4*



## Ingredients

- 2 cups milk
- 8 red potatoes
- 2 red or white onions
- ¼ cup fresh rosemary
- 2 garlic bulbs
- Extra virgin olive oil
- 1 - 14-ounce can chicken broth
- Herbs, croutons for garnish (optional)

## Directions

1. Preheat oven to 400 degrees. Spray a 13"X 9" pan with vegetable spray.
2. Cube and peel 4 potatoes. Cube 4 more potatoes (skin on).
3. Dice onions. Snip fresh rosemary. Take off the outer layer of bulbs of garlic, and cut the pointed tips off.
4. Place the veggies in the pan and sprinkle the rosemary. Also, turn the garlic upside down. Drizzle with olive oil.
5. Bake at 400 degrees for 50 minutes. Allow to cool.
6. Squeeze the roasted garlic and add half of the potatoes and onions into a blender with chicken broth. Blend.
7. Add blended mix to a large saucepan with the rest of the vegetables and milk. Heat.
8. Add salt and pepper. Top with croutons.

# CHICKEN AND VEGGIE CHOWDER

*Winter | Moderate | Serves: 4*



## Ingredients

- 1 Tbsp canola oil
- 1 medium onion, peeled and chopped
- 2 carrots, peeled and sliced into ¼-inch rounds
- 4 cloves garlic, peeled and minced
- 1 tsp. dried thyme leaves
- 1 tsp. celery seed
- 1 Tbsp dried parsley
- ½ cup low sodium chicken broth
- 1 cup cooked corn
- 1 ½ cups cooked broccoli florets
- 1 ½ cups whole milk
- 2 cups cooked, chopped or shredded chicken
- 1 cup canned white beans, drained and rinsed
- ½ cup shredded Cheddar cheese

## Directions

1. Heat canola oil in a medium saucepan over medium heat. Add onion, carrots, and garlic. Cook until the vegetables are soft. Add the thyme, celery seed, and parsley and sauté for another minute or two.
2. Add chicken broth, corn, broccoli and milk. Cover, and simmer on low heat for five minutes. Add chicken and beans and stir well.
3. Top each serving bowl with equal amounts of cheese. Serve warm.

## CREAMED GROUND BEEF

*Winter / Challenging / Serves: 4*



### Ingredients

- 1 lb lean ground beef
- ¼ cup chopped onion
- 1/4 cup flour
- 1 tsp beef bouillon powder
- 3/4 tsp salt, to taste
- fresh ground black pepper, to taste
- 1/4 tsp garlic powder or ¼ tsp granulated garlic
- 1/4 tsp onion powder (optional) or ¼ tsp granulated onion (optional)
- Cayenne powder, to taste
- 1/2 tsp Worcestershire sauce
- 2 1/4 cups milk

### Directions

1. In a large skillet over medium heat, brown the ground beef and onion.
2. Stir in the flour, granulated bouillon, salt, pepper, and garlic and onion powders (and cayenne, if using).
3. Saute all together until flour is absorbed, about 5 minutes.
4. Gradually stir in the Worcestershire sauce and milk.
5. Bring it all to a simmer, stirring, and cook until thickened, about 5 to 10 minutes.
6. Serve over toast, biscuits, noodles, rice, or potatoes.

## CHICKEN MACHACA

*Winter / Challenging / Serves: 20 -¾ cup servings (for big crowds or plenty of leftovers!)*



### Ingredients

- 1 whole chicken (fryer or roaster) [approx. 4lbs before removing skin and bones]
- 1 medium yellow onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 3 cloves garlic, minced
- ¼ cup canola oil
- 1 15oz can tomato sauce (+1 can of water)
- 1 6oz can tomato paste
- 1 7.75oz can El Pato Salsa de Chile Fresco
- 1 tsp fresh ground black pepper
- 1 tsp kosher salt
- 1-2 dried bay leaves (whole)

### Directions

1. Cook your chicken, pick the meat from the bones, and shred the meat.. Discard fat and skin.
2. In a skillet set over medium heat, saute the onions in the canola oil. Cook until translucent. Add the peppers and garlic and saute until just soft. Add the shredded chicken to the pan and combine with the vegetables.
3. Add the can of tomato sauce, can of El Pato, can of tomato paste, and bay leaves (still whole). Add one tomato sauce can of water. Season with salt and pepper. Simmer on the stove until the tomato sauce thickens. Remove bay leaves before serving.

\*You could make the whole dish in the slow cooker. Get boneless, skinless chicken and add all the ingredients into the cooker set on low for 8 hours, omitting the canola oil and water. It may be a little more watery than its supposed to be, so you may have to transfer to the stove to reduce the sauce.





# “Cheese, Please!”

Keep reading for a variety of cheesy recipes and information on how to incorporate dairy into lactose intolerant diets.

In a rut purchasing the  
same cheese?  
Here's help!

- What cheeses pair well with fruit and vegetables?
- What cheese can be substituted for another?
- This guide provides 21 of the most popular varieties of cheese.

[\(Click on the photo for the link\)](#)



## BREAKFAST BEAN BURRITOS

Any Season | Moderate | Serves: 4



### Ingredients

- 4 eggs
- 1 (15 ounce) can pinto or black beans, drained and rinsed well
- ½ cup salsa
- 4 whole wheat tortilla (8-10 inches)
- 1 cup shredded cheese

### Directions

1. Scramble and cook eggs in a greased skillet over medium heat. Add beans and salsa to eggs at the end of cooking and heat just until warm.
2. Divide egg, bean, and salsa mixture evenly among tortillas, and top each with ¼ cup shredded cheese before rolling into a burrito.

**Additional toppings could include:** sauteed peppers and onions, diced jalapenos, spinach, chopped fresh cilantro, sliced avocado, or plain yogurt/sour cream

**Tip:** make this burrito the night before for a quick morning breakfast. Assemble burrito as described above, wrap in plastic wrap, and refrigerate overnight. When ready to eat, remove plastic wrap, microwave for 45-60 seconds, and enjoy!

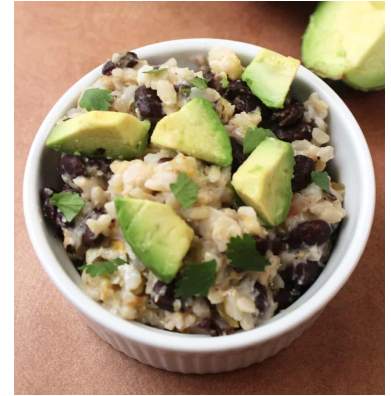
Recipe and photo sourced from:

[http://www.gleanersnutritionhub.org/uploads/2/9/7/6/29762123/breakfast\\_bean\\_burritos.png](http://www.gleanersnutritionhub.org/uploads/2/9/7/6/29762123/breakfast_bean_burritos.png)



## 5-MINUTE BURRITO BOWLS

Any Season | Moderate | Serves: 1



### Ingredients

- 1 cup cooked brown rice (can be a pre-cooked pouch)
- ½ cup black beans, drained and rinsed
- 2-3 Tbsp salsa, or to taste
- 1 Tbsp plain Greek yogurt
- 1 Tbsp shredded cheese

### Directions

1. Prepare brown rice according to package instructions or use leftover rice.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through.
3. Top with diced avocado, diced tomato, guacamole, pico de gallo, or other desired toppings.

Recipe and photo sourced from: <https://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/>

## BREAKFAST CASSEROLE

*Any Season | Moderate | Serves: 6*



### Ingredients

- 1 lb. pork sausage
- 1 bag (32 ounces) frozen potato rounds
- 10 eggs
- 1 cup reduced fat milk
- 2 cups shredded cheese
- 8 slices bacon, cooked crisp and drained
- Any vegetables you have on hand to add in addition or to replace sausage or bacon

### Directions

1. Preheat oven to 350°F. Spray a 9 x 13 baking dish with non-stick cooking spray.
2. Heat a non-stick skillet over medium-high heat until hot. Add the sausage to the skillet and cook, stirring occasionally, until browned; drain and set aside.
3. Place the potato rounds in the prepared baking dish. Arrange the cooked sausage evenly over the potatoes. Beat the eggs with the milk in a medium bowl or a 1-quart glass measure. Pour egg mixture over potatoes and sausage. Sprinkle cheese over eggs. Crumble bacon over cheese.
4. Cover with foil and bake for 40 minutes or until eggs are set and the dish has cooked through. Uncover and bake an additional 10 minutes.

Recipe and photo sourced from: <https://www.bordencheese.com/recipe/breakfast-casserole/>



## "SWEEP THE KITCHEN" PASTA SALAD

*Any Season | Easy | Serves: 4*



### Ingredients

- 12 ounces of pasta
- 3 cups total of any vegetables you have on hand
- 2-3 ounces of cheese such as feta or parmesan cheese
- ½ cup italian salad dressing or another dressing on hand

### Directions

1. Cook the pasta according to the package directions, drain in a colander, then rinse briefly under cool water to bring the temperature down. Let the pasta drain well.
2. While the pasta is cooking, prepare all vegetables, chopping them into bite-sized pieces, etc.
3. Once the pasta is well drained, add it to a large bowl along with the veggies and cheese. Pour the salad dressing over top and stir until everything is combined and coated in dressing. Serve immediately or refrigerate for up to 4-5 days.

Recipe and photo sourced from: <https://www.budgetbytes.com/sweep-the-kitchen-pasta-salad/>



## ONE-POT MAC & CHEESE WITH PEAS

*Any Season | Easy | Serves: 1*



### Ingredients

- ½ cup elbow macaroni, or other small pasta
- ¼ cup low fat milk
- ½ cup shredded cheddar cheese
- ¼ cup frozen peas
- 1 cup water

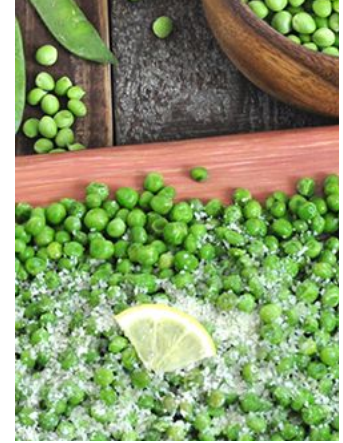
### Directions

1. In a medium pot over high heat, bring the water to a boil.
2. Add the pasta to the pot, reduce heat to medium-low, and boil for 8-10 minutes.
3. Drain the water (keeping the pasta in the pot), and add in the milk, cheese, and peas. Stir over medium-low heat until heated through and cheese is melted.

Recipe and photo sourced from: <https://www.snap4ct.org/one-pot-mac-and-cheese.html>

## PARMESAN PEAS

*Any Season | Easy | Serves: 7*



### Ingredients

- 1 ½ tsp butter
- 2 (14.5 ounce) cans no-salt-added peas, drained (or 16 ounces frozen peas)
- 1 ½ tsp lemon juice
- ¼ tsp black pepper
- ⅓ cup grated parmesan cheese

### Directions

1. Heat butter (or margarine) in a medium skillet over medium heat. Add peas and cook 2-3 minutes until heated through.
2. Add lemon juice and pepper, and stir to mix well.
3. Sprinkle with parmesan cheese, and serve warm.
4. Store leftovers in an airtight container in the fridge for up to 4 days.

Recipe and photo sourced from:  
[http://www.gleanersnutritionhub.org/uploads/2/9/7/6/29762123/parmesan\\_peas.png](http://www.gleanersnutritionhub.org/uploads/2/9/7/6/29762123/parmesan_peas.png)



## STUFFED BELL PEPPERS

*Summer or Fall | Challenging | Serves: 4-6*



### Ingredients

- 6 bell peppers, any color
- 4 tablespoons olive oil, plus more for drizzling
- 8 ounces lean ground beef
- Kosher salt and freshly ground black pepper
- 1 onion, finely diced
- 2 cloves garlic, chopped
- 1 medium zucchini, finely diced
- 4 Roma tomatoes, seeded and finely diced
- Red pepper flakes, as needed
- 1 cup cooked long-grain and wild rice
- 1 ½ cups grated pepper Jack cheese

### Directions

1. Preheat the oven to 350 degrees F.
2. Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright.
3. Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking up the lumps, until the meat is cooked through and just beginning to brown, 8 to 10 minutes. Remove to a paper towel-lined plate to get rid of the fat.
4. Wipe out the skillet and add the remaining 2 tablespoons olive oil. Add the onions and chopped peppers and cook until beginning to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through, then stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese.
5. Fill the peppers with the rice mixture and top each with a sprinkle of the remaining ½ cup cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.

## TACO PIE

*Spring or Summer | Moderate | Serves: 6*



### Ingredients

- 1 tube (8 oz.) refrigerated crescent rolls
- 1 lb. lean ground beef or ground turkey
- 1 package taco seasoning mix, about 1 oz.
- $\frac{3}{4}$  cup water
- 2 cups crushed taco shells, divided
- 2 cups sour cream
- 1 cup shredded cheese

### Directions

1. Preheat oven to 350°F. Spray a 9 x 9 baking dish with non-stick cooking spray. Unroll the crescents and use them to line the inside of the prepared baking dish, pinching all the edges together and overlap if needed to form a solid layer of rolls; set aside.
2. Cook ground meat in a large non-stick skillet over medium-high heat until browned; drain fat. Add taco seasoning mix and water. Cook until most of moisture has evaporated.
3. Sprinkle 1 cup of taco shells on top of rolls; top with meat mixture, followed by sour cream and cheese. Bake for 20 minutes or until crescents have browned and sauce has begun to bubble at the edges. Top with remaining taco shells, and bake 5 minutes more.

Recipe and photo sourced from: <https://www.bordencheese.com/recipe/taco-pie/>



## HAM AND CHEESE SCONES

*Summer or Fall | Challenging | Serves: 8*



### Ingredients

- 2 cups all-purpose flour
- 1 Tbsp sugar
- 1 Tbsp baking powder
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{2}$  tsp kosher salt
- $\frac{1}{2}$  cup unsalted butter, cut into cubes
- $\frac{3}{4}$  cup buttermilk
- 1 cup shredded cheddar cheese
- $\frac{1}{3}$  cup diced ham
- 2 Tbsp chopped fresh chives

### Directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, combine dry ingredients. Add cold butter, using your fingers to work the butter into the dry ingredients until it resembles coarse crumbs.
3. Stir in remaining ingredients until a soft dough forms.
4. On a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough into an 8" circle, about 1-inch thick, and cut into 8 wedges.
5. Place scones onto the prepared baking sheet. Bake for 18-20 minutes, or until firm to the touch and lightly browned.
6. Serve immediately.

Recipe and photo sourced from: <https://damndelicious.net/2015/09/09/ham-and-cheese-scones/>

## CHEESY APPLE TART

Fall | Moderate | Serves: 5



### Ingredients

- 5 pieces bread
- 5 cheese slices
- 2 ½ cups canned sliced apples
- 2 ½ tsp ground cinnamon
- 5 Tbsp + 1 tsp brown sugar
- 1 ¼ cups vanilla yogurt
- 2 Tbsp + 2 tsp powdered sugar

### Directions

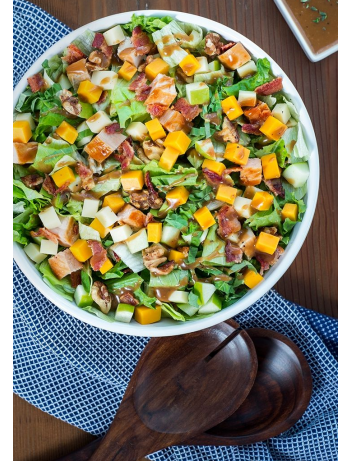
1. Preheat oven to 350°F
2. Lay bread on sheet pan. Place one cheese slice on bread.
3. Drain apples and toss with brown sugar and cinnamon.
4. Top panini with 1/2 cup seasoned apple slices.
5. Bake for 10-15 minutes, until apples are caramelized and cheese is melted, then remove from the oven to cool for a few minutes.
6. Meanwhile, combine yogurt and sugar. Drizzle 1 oz. yogurt frosting over top of slightly cooled panini. Serve warm.

Recipe and photo sourced from: <https://www.usdairy.com/recipes/apple-pie-tart>



## CHEESY BALSAMIC CHOPPED SALAD

Fall | Moderate | Serves: 4



### Ingredients

- 3 cups lettuce, chopped
- 4 ounces cheese cut into ¼-inch cubes
- 1½ cups cooked chicken breasts, cut into ½-inch cubes
- 1 apple, cored and diced
- 4 slices bacon, cooked and crumbled
- 3 Tbsp slivered basil leaves
- ½ cup prepared balsamic salad dressing
- ½ cup toasted walnuts or pecans, coarsely chopped

### Directions

1. Combine lettuce, cheeses, chicken, apple, bacon and basil in large bowl; toss with salad dressing to coat.
2. Divide salad among four plates, and sprinkle with nuts.

Recipe and photo sourced from: <https://www.cachevalleycreamery.com/recipe/cheesy-balsamic-chopped-salad/>

## MEAT AND CHEESE ROLL-UPS

*Any Season | Easy | Serves: 1*



### Ingredients

- 1 tortilla
- 2 tablespoons fresh avocado, smashed
- Any veggies on hand, julienned (spears)
- 1 ounce shredded lettuce
- 1 slice deli turkey
- 1 string cheese

### Directions

1. Spread avocado evenly over the tortilla and then add a layer of lettuce. Layer deli turkey on top of lettuce. Add additional veggies, lining them up along the center.
2. Place string cheese on one edge of the tortilla and roll into a tube.
3. Slice rolled tortilla into one-inch-wide pinwheels.

## WHIPPED FETA AND HERB DIP

*Any Season | Easy | Serves: 9-11*



### Ingredients

- 1/4 cup reduced fat milk
- 12 ounces crumbled feta cheese
- 2/3 cup plain greek yogurt
- 2 tsp honey
- 1 tsp granulated garlic (or 1/2 tsp garlic powder)
- 1 tsp dried oregano
- 1 tsp dried marjoram

### Directions

1. Combine the first 5 ingredients in a blender or food processor and whirl until light, airy, and smooth (start slow and gradually increase speed, about 2-3 minutes). Scrape down sides of the bowl as needed.
2. Add the dried oregano and marjoram to the blender or food processor and whirl briefly (5-10 seconds) to distribute the herbs throughout the mixture.
3. Transfer dip to a serving bowl and top as desired with olive oil, additional seasonings, toasted chickpeas, or chopped tomatoes. Serve immediately.

# HOMEMADE PIZZA

*Any Season | Moderate | Serves: 6*



## Ingredients

### DOUGH

- 2 cups flour (whole wheat, all-purpose, or a mix of both)
- 1 tablespoon active dry yeast
- ¼ teaspoon salt
- 1 tablespoon sugar
- ¾ cup lukewarm water

### MIX-AND-MATCH TOPPINGS

- ½ cup pizza sauce (or add italian seasoning/herbs to tomato sauce)
- 1½ cup shredded cheese
- Parmesan cheese to taste
- Any seasonal vegetables
- Fresh or dried herbs
- Crushed red pepper

## Directions

1. Preheat your oven to 375°F. Grease a pizza pan/baking sheet or pizza stone.
2. Mix one cup of flour with yeast, salt, sugar, and water in a medium bowl. Gradually add in the second cup of flour, mixing with your hands, until a ball of dough forms.
3. Knead the dough for 2-3 minutes until smooth and elastic. Place back in bowl, cover with a cloth or towel, and allow dough to rise for 10-15 minutes.
4. While the dough rises, prepare all of your toppings, cooking meat(s), if needed.
5. On a floured surface, roll out dough into a large, thin circle or rectangle. Place dough on prepared baking sheet or pizza stone.
6. Top your pizza dough as desired, and bake until cheese is melted and dough is cooked through - about 15 minutes on a baking sheet or 18 minutes on a pizza stone.

Note: If you don't have the time to make your own pizza crust, instead, try: flour tortillas, pita bread, english muffins, naan, or bagels!



# Ricotta and Cottage Cheese Recipes



## CELERY AND RICOTTA “SNACKERS”

*Easy | Spring | Serves: 1*



### Ingredients

- Celery sticks (4-5 inches)
- 2 Tbsp whipped ricotta cheese
- 1 Tbsp honey
- 6-7 dried apricot slices

### Directions

1. Fill the celery stick with ricotta cheese. For best results, use a piping bag or a freezer bag with one corner removed.
2. Place dried apricot slices evenly across the top of the spread.
3. Drizzle honey on top for a sweet snack!
4. Chill until ready to serve.

Recipe and photo sourced from:

<https://www.dudafresh.com/recipes/snacks/celery-whipped-ricotta-with-drizzled-honey-dried-apricots>

## FRUITY COTTAGE CHEESE BLENDER “ICE CREAM”

*Easy | Summer | Serves: 2*



### Ingredients

- 1 ½ cups frozen fruit such as berries or mango chunks
- ½ cup frozen banana (about 1 small banana), diced
- 1 cup cottage cheese (fat level of choice)
- 1 Tbsp honey
- 2-3 leaves fresh basil or mint (optional)

### Directions

1. Combine frozen fruit in a food processor or high-speed blender and process until the mixture resembles a thick puree.
2. Add the cottage cheese, honey and herbs (if using) and continue to puree until the mixture is thick and smooth.
3. For soft-serve-style ice cream, serve immediately with an additional sprig of fresh herbs, if desired. Alternately, the ice cream can be frozen into a loaf pan for hard-scoop ice cream or frozen into molds for popsicles.

Tip: For perfectly scoopable ice cream, allow loaf pan to thaw in the refrigerator for 2 hours before serving.

Recipe and photo sourced from:

<https://www.usdairy.com/recipes/no-churn-cottage-cheese-and-fruit-blender-ice-cream>



## BREAKFAST GRILLED CHEESE

Easy | Spring | Serves: 1



### Ingredients

- 2 slices of bread
- 1 tsp unsalted butter, softened
- ¼ cup cottage cheese
- 2 Tbsp raspberry preserves (or your favorite preserves, jam, or fresh fruit)

### Directions

1. Preheat a waffle iron or panini press to medium-high. Butter one side of each bread slice.
2. Lay bread slices buttered side down on a plate. Spread one slice of bread with cottage cheese and the other slice with raspberry preserves.
3. Place the two slices together and transfer to heated waffle iron or panini press. Close waffle iron or panini press gently.
4. Cook for 3-4 minutes, until golden brown. Remove and let cool slightly. Slice in half and place onto a small plate. Serve.

Recipe and photo sourced from: <https://hood.com/recipes/breakfast-grilled-cheese/>

## RICOTTA TOAST WITH TOMATO AND BACON

Easy | Summer | Serves: 2



### Ingredients

- 2 slices bacon
- ⅔ cup diced cherry tomatoes
- 1 Tbsp shredded Parmesan cheese
- 2 leaves fresh basil, minced
- 1 pinch salt and ground black pepper to taste
- 2 thick slices of bread

### Directions

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels. When cool enough to handle, crumble and set aside.
2. Combine cherry tomatoes, Parmesan cheese, basil, salt, and pepper in a small bowl.
3. Heat a cast iron grill pan over medium-high heat. Brush bread slices with olive oil on both sides. Cook in grill pan until grill marks appear and bread is toasted, 2 to 3 minutes per side.
4. Spread toasted bread with ricotta cheese. Top with tomato mixture and sprinkle with bacon. Cut each toast in half and serve.

Recipe and photo sourced from:  
<https://www.allrecipes.com/recipe/275135/ricotta-toast-with-bacon-and-tomato/>



## MASON JAR PASTA SALAD

Easy | Spring | Serves: 4



### Ingredients

- ½ cup ricotta cheese
- ¼ cup shredded Parmesan cheese
- ½ cup marinara sauce
- 1 cup prepared pesto
- 1 ½ cups cooked pasta, any small type, cooled and oiled
- ½ cup sliced black olives
- 1 cup shredded cheese, any kind
- 1 cup artichoke hearts, drained and chopped
- 4 ea. green onions, chopped
- 1 med. zucchini, small diced

### Directions

1. In a small bowl, combine Ricotta, Parmesan and marinara until well blended. Set aside.
2. To Layer Salad: In each wide mouth pint size jar, layer ¼ cup of pesto, ¾ cup cooked pasta, ¼ cup prepared Ricotta mixture, 2 Tbsp of black olives, ¼ cup shredded cheese, ¼ cup chopped artichoke hearts, 1 Tbsp chopped green onion and ¼ cup chopped zucchini. Top with lid. Refrigerate until ready to serve.

Recipe and photo sourced from:

<https://www.sargento.com/recipes/soups-salads/best-ever-pasta-salad-in-a-jar>

## TOASTED MEDITERRANEAN PITA

Easy | Summer | Serves: 3



### Ingredients

- 1 cup cottage cheese
- 2 cups chopped (bite-sized) asparagus
- 1 tsp olive oil
- ½ tsp pepper, plus a sprinkle extra for asparagus
- ¼ tsp salt (more to taste if desired), plus a sprinkle extra for asparagus
- 1 ½ cup grated sharp cheese, divided
- 2 Tbsp finely chopped herbs
- 3 medium-sized pitas

### Directions

1. Preheat oven to 425°F.
2. Toss asparagus with olive oil on a parchment-lined baking sheet. Season with salt and pepper. Roast asparagus in preheated oven for five minutes.
3. Place cottage cheese in a blender and blend until smooth. Transfer into a medium-sized bowl. Stir in salt, pepper, 1 cup of cheese, and herbs. Stir until combined.
4. Remove asparagus from baking sheet and set aside. On a new piece of parchment paper, lay out the pitas.
5. Divide cottage cheese mixture evenly between 3 pitas. Spread almost to the edges.
6. Sprinkle asparagus over the cheese mixture. Top with remaining ½ cup of cheese.
7. Bake at 425 degrees Fahrenheit for 15-18 minutes or until golden brown. Serve immediately topped with fresh herbs if desired.

Recipe sourced from:

<https://www.shamrockfarms.net/recipe/pita-flatbread-with-asparagus-and-herbed-cottage-cheese/>

Photo sourced from:

[https://www.rachelcooks.com/2015/08/10/pita-flatbread-with-asparagus-and-herbed-cottage-cheese/?utm\\_source=RachelCooksNewsletter&utm\\_campaign=24754ad02e-RSS\\_EMAIL\\_CAMPAIGN&utm\\_medium=email&utm\\_term=0\\_e26311cf42-24754ad02e-98769585](https://www.rachelcooks.com/2015/08/10/pita-flatbread-with-asparagus-and-herbed-cottage-cheese/?utm_source=RachelCooksNewsletter&utm_campaign=24754ad02e-RSS_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_e26311cf42-24754ad02e-98769585)





# ASPARAGUS AND CHEESE FRITTATA

*Challenging | Spring | Serves: 4*



## Ingredients

- 1 pound asparagus, trimmed of woody ends
- 1 Tbsp butter
- 1 small red onion, peeled and diced
- 6 large eggs
- 1 cup cottage cheese
- 4 ounces goat cheese, crumbled and evenly divided
- 1 tsp dried thyme leaves

## Directions

1. Chop asparagus into 1-inch pieces. Steam or microwave asparagus until just crunchy and still bright green, about 4 minutes. Reserve.
2. Preheat broiler to 450°F. Melt butter in a medium oven-proof skillet over medium heat. Add onion. Saute until soft, about 4 to 5 minutes.
3. Add eggs to a large mixing bowl. Beat gently with a wire whisk for about 30 seconds. Add cottage cheese, goat cheese, and thyme. Mix well.
4. Add asparagus to the skillet and toss with the red onion. Arrange evenly in a single layer in the skillet. Top the asparagus mixture with the egg mixture. Cook over medium-low heat until eggs are set, about 15 to 20 minutes.
5. Sprinkle remaining cheese on top of frittata. Broil the frittata, in the skillet, for 2 to 3 minutes or until cheese is just golden brown. Serve warm.



# CHICKEN AND CHEESE ENCHILADAS

*Challenging | Summer | Serves: 4*



## Ingredients

- 1 pound chicken breast (or whatever meat you have)
- 1 Tbsp vegetable oil
- ½ cup corn (thawed if frozen, drained if canned)
- 2 scallions, thinly sliced
- 2 Tbsp red onion, finely chopped
- 1 sweet red bell pepper, diced
- 1 yellow or green bell pepper, diced
- 2 Tbsp fresh cilantro, finely chopped
- 8 oz. cottage cheese
- 1 cup picante sauce, taco sauce, or salsa
- 8 6-inch flour tortillas
- Sour cream (optional)

## Directions

1. Preheat oven to 375°F.
2. Slice chicken into 1 inch wide strips. Sauté in oil. Reserve.
3. In a bowl, blend corn, scallions, red onion, and peppers with cottage cheese and half the cilantro. Evenly distribute the chicken and cottage cheese-vegetable mixture in center of each tortilla and roll up.
4. Place each tortilla in a 11" x 7" baking dish, seam side down. Top with sauce or salsa.
5. Bake for 20 to 25 minutes or until thoroughly heated. Garnish with remaining cilantro.

Serving suggestion: Top with sour cream and serve with rice and black beans.

## GUACAMOLE

Easy | Winter | Serves: 3-4



### Ingredients

- 2 cups cottage cheese
- 2 avocados, halved with pits removed
- 2 tomatoes, diced
- 1 jalapeño pepper, seeded and minced
- 1 ½ Tbsp fresh lime juice
- 2 cloves chopped garlic
- Salt and pepper to taste

### Directions

1. Cut avocados into pieces and place in a medium-sized mixing bowl. Mash the avocados well.
2. Add lime juice and mix.
3. Place tomatoes, jalapeño, cottage cheese, garlic, salt and pepper in the mixing bowl. Stir until the ingredients are combined.
4. Chill for at least 1 hour. Serve with chips.

Recipe sourced from: <https://www.shamrockfarms.net/recipe/roxies-guacamole/>  
Photo sourced from: <http://radmegan.com/2011/04/cottage-cheese-and-avocado-dip.html>

## COTTAGE CHEESE CHOCOLATE MILKSHAKE SMOOTHIE

Easy | Fall | Serves: 1



### Ingredients

- ½ cup vanilla greek yogurt
- 1 cup chocolate milk
- ¼ cup cottage cheese
- 1 Tbsp cocoa powder
- 1 tsp vanilla extract

### Directions

1. Add all ingredients to a blender.
2. Blend until it reaches your preferred consistency
3. Get creative! Garnish with your favorite fruits, chocolate chips, etc

Recipe and photo sourced from: <https://www.youtube.com/watch?v=4KgS29PfKTI>

## RICOTTA CHEESE COOKIES

Winter | Moderate | Serves: 36 cookies



### Ingredients

- 2 cups white sugar
- 1 cup butter, softened
- 15 oz ricotta cheese
- 2 tsp vanilla extract
- 2 large eggs
- 4 cups all-purpose flour
- 2 Tbsp baking powder
- 1 tsp salt
- 1 ½ cups confectioner's sugar
- 3 Tbsp milk

### Directions

1. Preheat oven to 350°F. Line baking sheets with parchment paper.
2. In a large bowl, with the mixer a low speed, beat sugar and butter until combined. Increase speed to high and beat until light and fluffy (about 5 mins). Reduce speed to medium and beat in the ricotta, vanilla and eggs.
3. On low, add flour, baking powder and salt; beat until dough forms.
4. Drop dough by level tablespoons, about 2 inches apart; onto the prepared baking sheets. Bake at 350°F for 15 minutes or until cookies are very lightly golden (cookies will be soft). Remove cookies to wire rack to cool.
5. When cookies are cool, prepare icing. In small bowl, stir confectioners' sugar and milk until smooth. With small spreader, spread icing on cookies; place a candied cherry piece on top of each cookie or sprinkle with colored sugar or candy sprinkles.

Recipe and photo sourced from: <https://www.allrecipes.com/recipe/11361/ricotta-cheese-cookies/>

## RASPBERRY RICOTTA SQUARES

Fall | Moderate | Serves: 16



### Ingredients

- 1 cup all-purpose flour
- ¾ cup white sugar
- 1 ¼ tsp baking powder
- ⅓ cup milk
- ¼ cup shortening
- 1 egg
- ½ tsp lemon extract
- 1 ½ cups blueberries
- 2 large eggs, beaten
- 1 ¼ cups ricotta cheese
- ⅓ cup white sugar
- ¼ tsp vanilla extract

### Directions

1. Preheat the oven to 350 °F.. Grease a 9 inch square baking dish.
2. In a large bowl, stir together the flour, ¾ cup of sugar, and baking powder. Add the milk, shortening, 1 egg, and lemon extract, and use an electric mixer to mix on low speed for 1 minute, then on medium speed for 1 minute. Pour the batter into the prepared pan, and spread evenly. Sprinkle blueberries over the batter.
3. In a medium bowl, stir together 2 beaten eggs, ricotta cheese, 1/3 cup of sugar, and vanilla extract. Spoon this mixture over the blueberries, and spread evenly.
4. Bake for 55 to 60 minutes in the preheated oven, until a knife inserted near the center comes out clean. Cool completely before cutting into squares and serving.

Recipe and photo sourced from: <https://www.allrecipes.com/recipe/65071/blueberry-ricotta-squares/>

## COTTAGE CHEESE PIZZA DOUGH

*Any Season | Easy | Serves: 2-4 doughs*



### Ingredients

- 1 cup cottage cheese
- 1 cup self-rising flour
- A pinch of salt

### Directions

1. Preheat oven to 400°F.
2. In a food processor, blend the cottage cheese until smooth then add the flour until a loose dough is formed.
3. Gently dust a work surface and rolling pin with flour to avoid the dough sticking.
4. Then, move the dough to a work surface and begin to roll out the dough into circular pie shapes (about 6-8 inches wide). Alternatively, you can use your hands. Should make about 2-4 pizzas.
5. Add preferred toppings to dough, then bake on a cookie sheet tray for 15 minutes or until golden brown crust is achieved.

Recipe and photo sourced from: <https://www.shamrockfarms.net/recipe/cottage-cheese-pizza-dough/>

Photo sourced from: <https://www.smilepizza.com.ua/en/blog/154/testo-dlya-pitstsvi-na-tvoroge>

## BROCCOLI AND CHEESE CALZONE

*Any Season | Easy | Serves: 6*



### Ingredients

- 1 Tbsp olive oil, divided
- 1 cup cottage cheese
- 1 16 oz. package refrigerated pizza dough
- 1 cup shredded cheddar cheese, divided
- 3 cups cooked broccoli florets, chopped into 1-inch pieces
- 3 cups jarred pasta sauce

### Directions

1. Preheat oven to 375°F.
2. Grease large baking sheet with 1 teaspoon olive oil.
3. Place cottage cheese in food processor or blender and process on until smooth, about 1 minute. Roll out pizza dough into an oval about 8" long and 16" wide. Sprinkle half the cheese on half of the pizza dough, lengthwise, to within a half inch of the edge of the dough. Arrange broccoli evenly over the cheese layer. Spoon cottage cheese on top of broccoli and spread to cover broccoli evenly.
4. Fold dough in half over broccoli mixture. Seal entire edge with the tines of a fork.
5. Transfer calzone to baking sheet. Brush calzone with the remaining 2 teaspoons of olive oil. Bake for 18 to 20 minutes or until golden brown. Allow calzone to rest for 5 minutes before cutting in slices. Serve warm with pasta sauce.

Recipe and photo sourced from: <https://hood.com/recipes/broccoli-and-cheese-calzone/>



# SPINACH-RICOTTA QUICHE

*Any Season | Challenging | Serves: 8*



## Ingredients

- 1 Tbsp butter
- $\frac{1}{3}$  cup finely chopped red onion
- 1 (8 ounce) package fresh spinach
- $\frac{1}{2}$  (14 ounce) package pastry for 9-inch double-crust pie
- 4 large eggs
- $\frac{3}{4}$  cup whole-milk ricotta cheese
- $\frac{3}{4}$  cup heavy cream
- $\frac{1}{3}$  cup grated Parmigiano-Reggiano cheese
- 1 Tbsp chopped fresh basil
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp ground black pepper

## Directions

1. Melt butter in a skillet over medium heat; add onion and cook for 1 minute. Add spinach and cook, stirring occasionally, until starting to wilt, about 1 minute. Cover skillet and cook for 1 minute more, allowing condensation to build inside the skillet. Remove from heat, uncover, and stir.
2. Preheat the oven to 375 degrees F (190 degrees C). Press pie pastry into a 9 1/2-inch deep-dish pie pan. Prick bottom and sides with a fork.
3. Bake crust in the preheated oven for 10 minutes. Remove from oven and set aside.
4. Combine eggs, ricotta cheese, cream, Parmigiano Reggiano cheese, basil, salt, and pepper in a blender or food processor. Blend until smooth.
5. Spread spinach and onion mixture evenly over the crust. Pour egg mixture on top.
6. Bake in the preheated oven until center of quiche is set and the top is lightly browned, about 40 minutes. Allow to stand for 10 minutes before serving.



# BAKED ITALIAN CHICKEN THIGHS

*Any Season | Challenging | Serves: 4*



## Ingredients

- ½ cup low-fat ricotta cheese
- ¼ cup freshly grated Parmesan cheese
- ½ tsp Italian seasoning
- ⅛ tsp salt
- 1 pound skinless, boneless chicken thighs
- 1 teaspoon garlic powder
- 1 pinch salt to taste
- 1 Tbsp olive oil
- 1 ½ cups marinara sauce
- ¾ cup shredded mozzarella cheese
- 2 Tbsp chopped fresh parsley

## Directions

1. Preheat the oven to 375°F
2. Combine ricotta cheese, Parmesan cheese, Italian seasoning, and salt in a small bowl and set aside.
3. Season chicken thighs on both sides with garlic powder and salt
4. Heat olive oil in an ovenproof skillet over medium-high heat. Place chicken thighs, smooth-side down in pan and brown, 3 to 4 minutes. Flip thighs over and remove skillet from heat. Top each thigh with an equal amount of ricotta cheese mixture. Spoon marinara sauce over the ricotta cheese and around the chicken thighs.
5. Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165°F.. Remove from the oven and leave oven on.
6. Top chicken with mozzarella cheese and return to the oven until cheese has melted, 2 to 3 minutes. Garnish with parsley and serve.

Recipe and photo sources from:

<https://www.allrecipes.com/recipe/272543/baked-italian-chicken-thighs/>





# Yogurt

Greek and Traditional are great ways to  
add protein to the diet

## CUCUMBER RADISH SALAD WITH CREAMY YOGURT DILL DRESSING

*Spring | Easy | Serves: 6*



### Ingredients

- 2 cucumbers
- 6 radishes, sliced thin
- ¾ cup plain Greek yogurt
- ½ of a lemon, juiced
- 1 Tbsp fresh chopped dill
- ¼ tsp garlic powder
- ½ tsp honey (optional)
- Kosher salt and freshly ground black pepper to taste

### Directions

1. In a small bowl, whisk together the Greek yogurt, lemon juice, dill, garlic, honey, salt and pepper. Set aside.
2. Slice cucumbers in half lengthwise. Thinly slice the cucumbers into half rounds.
3. Place the sliced cucumbers and radishes into a large serving bowl. Just before serving stir the yogurt dill dressing into the salad and mix to coat the cucumbers and radishes. Taste for seasoning.
4. Serve immediately or refrigerate for up to 2 hours.

Recipe and photo sourced from: <https://reciperunner.com/cucumber-radish-salad-creamy-yogurt-dill-dressing/>

## CUCUMBER DIP

*Summer | Easy | Serves: 6*



### Ingredients

- 1 cup plain yogurt
- 1 large cucumber, peeled, seeded, and grated
- 2 Tbsp lemon juice, juice from half a lemon
- 1 Tbsp fresh dill or 1 tsp dried dill
- 1 garlic clove, finely chopped

### Directions

1. Drain the water from the grated cucumber by placing it in paper or cloth towels and letting it sit for a few minutes. Wring the towel tightly and squeeze out as much liquid as possible.
2. Mix yogurt, drained cucumber, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Serve with raw vegetables for dipping, as a spread on sandwiches or wraps, or on top of fish.

Recipe and photo sourced from: <https://www.snap4ct.org/greek-cucumber-yogurt-dip.html>

## CRISPY BRUSSELS SPROUTS WITH DIJON AIOLI

Fall or Winter | Moderate | Serves: 4



### Ingredients

#### BRUSSELS SPROUTS

- 1 pound Brussels sprouts, halved
- 1-2 Tbsp olive oil
- Salt and pepper, to taste

#### DIJON AIOLI

- $\frac{2}{3}$  cup mayonnaise
- 3 Tbsp olive oil
- 3 Tbsp Dijon Mustard
- 1 clove garlic, minced
- $\frac{1}{2}$  tsp lemon juice
- Salt and pepper, to taste

### Directions

1. Preheat oven to 450 degrees. Toss the Brussels sprouts with olive oil, then season with salt and pepper. Arrange in a single layer on a lightly greased baking sheet.
2. Roast for 15-20 minutes, or until Brussels sprouts reach desired crispness. Toss once, halfway through baking time.
3. While Brussels sprouts cook, whisk together the ingredients for the Dijon aioli. Serve warm Brussels sprouts with aioli for dipping.

Recipe and photo sourced from: <https://letsdishrecipes.com/crispy-brussels-sprouts-with-mustard-aioli/>

## COLLARD GREEN WRAPS

Spring, Fall, or Winter | Moderate | Serves: 4



### Ingredients

- 4 large collard green leaves, washed, stems removed
- 1 yellow bell pepper, chopped
- 8 ounces chicken, cooked
- $\frac{1}{2}$  cup olives
- $\frac{1}{2}$  cup cherry tomatoes, chopped
- 1 small red onion, chopped
- 2 tsp cumin
- 1 tsp dried oregano, plus more for garnish
- 1 cup plain Greek yogurt
- 1 Tbsp lemon zest
- $\frac{1}{2}$  lemon, juiced
- $\frac{1}{2}$  cup cucumber, diced
- 1 Tbsp dill, chopped
- Salt and pepper, to taste

### Directions

1. In a skillet over medium heat, cook bell pepper, olives, cherry tomatoes and onion until vegetables are fork-tender, about 10 minutes. Mix in cumin, oregano, a pinch of salt and a pinch of pepper.
2. In a medium bowl, combine yogurt, lemon zest, lemon juice, cucumber, dill, a pinch of salt and a pinch of pepper.
3. Top each collard green leaf evenly with chicken, sauce and vegetable mixture. Garnish with oregano.

Recipe and photo sourced from: <https://www.kroger.com/r/greek-collard-green-wraps-recipe/5c93d01c9da07c139a8da545>



## ROASTED BEETS WITH MINT YOGURT SAUCE

*Summer | Moderate | Serves: 4*



### Ingredients

- 1 bunch medium beets or 3 bunches baby beets (about 1 1/2 pounds total), scrubbed
- 1 Tbsp extra-virgin olive oil
- Coarse salt and ground pepper
- ½ cup low-fat plain yogurt
- 1 Tbsp fresh mint leaves, finely chopped
- ⅛ tsp ground cumin
- 1 Tbsp fresh lemon juice

### Directions

1. Preheat oven to 425°F. In a 9-by-13-inch baking dish, toss beets with olive oil. Season with salt and pepper.
2. Cover dish tightly with foil and roast until tender when pierced with a knife, 45 to 60 minutes, depending on size. When cool enough to handle, rub beets with a paper towel to remove skins.
3. Meanwhile, in a small bowl, whisk together yogurt, mint, cumin, and lemon juice; season with salt and pepper. Spoon yogurt sauce over beets and serve.

## \*MINT CHIP SHAKE

*Winter or Spring | Easy | Serves: 2*



### Ingredients

- ¾ cup nonfat plain Greek yogurt
- ¼ cup mint leaves (not packed)
- 1 cup spinach leaves (not packed)
- 1 frozen banana
- ¼ cup heavy cream
- ½ cup ice
- 1 Tbsp maple syrup
- ¼ cup dark chocolate chunks

### Directions

1. In a blender, combine all ingredients except dark chocolate. Blend until smooth.
2. Add dark chocolate and blend for an additional 30 seconds.
3. Divide into 2 glasses to serve.

Note: Milkshake should still have visible pieces of dark chocolate in it and won't be completely smooth.



## \*PUMPKIN SHAKE

Fall | Easy | Serves: 6



### Ingredients

- 1 can (14 ounces) pumpkin, chilled
- 3 ounces reduced-fat cream cheese
- 1 container (6 ounces) low fat vanilla yogurt
- 2 cups lowfat milk
- ¼ cup brown sugar
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ⅛ tsp nutmeg
- 6 tsp graham cracker crumbs, optional

### Directions

1. Place all ingredients (except graham cracker crumbs) in a blender and blend until smooth. Pour into glasses and top each serving with a teaspoon of graham cracker crumbs, if desired.

## \*SWEET PUMPKIN DIP

Fall | Easy | Serves: 6

### Ingredients

- ¾ cup pumpkin puree (not pumpkin pie filling)
- ½ cup greek yogurt, non-fat
- ½ cup cream cheese, low-fat
- 1 Tbsp Pumpkin Spice
- 2 Tbsp sugar



### Directions

1. Combine all ingredients and mix thoroughly.
2. Freeze for 30 minutes or refrigerate until serving. Serve with graham crackers or fruit.

## HUMMUS

*Spring or Summer | Easy | Serves: 6*



### Ingredients

- 1 clove garlic
- 1–16oz. can low-sodium chick peas, drained, rinsed, and peeled
- ½ cup Greek yogurt
- 1 Tbsp water
- ½ tsp salt
- 1 tsp lemon juice

### Directions

1. Put all ingredients in a blender or food processor. Pulse to get it going and then blend until smooth.

Recipe and photo sourced from:  
<https://cookthestory.com/best-hummus-recipe-greek-yogurt-extra-creaminess/#tasty-recipes-33429>

## ALFREDO SAUCE

*Any Season | Easy | Serves: 4*



### Ingredients

- 2 Tbsp butter
- 1 ½ tsp garlic powder
- ½ cup milk or water
- ¾ cup plain greek yogurt
- ½ - ¾ cup shredded parmesan cheese
- Salt and pepper, to taste
- ½ tsp dried parsley or 1 tsp fresh (optional)
- 8 ounces pasta noodles, cooked

### Directions

1. In a medium saucepan, melt butter over medium heat. Stir in garlic powder. Stir in milk (or water). Remove from heat and allow to cool for 2-3 minutes. Gradually whisk in greek yogurt.
2. Add parmesan cheese to sauce and stir until melted. (If the cheese doesn't melt completely because the sauce is too cool, return to stove on low for a couple of minutes) Add salt and pepper to taste and toss with your favorite cooked pasta noodles.

Recipe and photo sourced from: <https://www.lecremedelacrumb.com/greek-yogurt-alfredo-sauce>

## **\*NACHO DIP**

*Any Season | Easy | Serves: 6*



### Ingredients

- 16 oz plain yogurt
- 1 tsp dill
- 2 tsp parsley
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- ½ cup salsa
- ½ cup shredded cheese

### Directions

1. Mix all ingredients together in a bowl and serve with chips.

Recipe and photo sourced from: <https://www.dairypure.com/recipes/easy-nacho-dip>



## **\*CREAMY SWEET POTATO DIP**

*Fall and Winter | Moderate | Serves: 1*



### Ingredients

- ½ whole wheat pita, split and cut into 8 pieces
- ⅓ cup roasted mashed sweet potato
- 1 Tbsp plain yogurt
- ¼ tsp honey
- ⅛ tsp dried chipotle chile powder
- ⅛ tsp salt

### Directions

1. Preheat oven to 350°. Arrange pita pieces on a baking sheet; bake at 350° for 10 minutes until crisp.
2. While pita bakes, combine mashed roasted sweet potato, yogurt, honey, chile powder, and salt in a small bowl; stir with a fork until smooth. Serve with warm pita chips.

Recipe and photo sourced from: [https://www.health.com/health/recipe/0\\_10000002002220.00.html](https://www.health.com/health/recipe/0_10000002002220.00.html)

## \*SWEET BREAKFAST TACOS

*Any Season | Easy | Serves: 2*



### Ingredients

- 1 ripe banana, peeled and sliced
- ½ cup strawberries, kiwi or other fruit on hand, hulled and sliced
- 2 flour tortillas, warmed
- 2 Tbsp any flavor of yogurt
- 2 Tbsp peanut butter or another nut or seed butter
- 1 Tbsp unsweetened shredded coconut, granola, or seeds

### Directions

1. Portion fruit among tortillas then top with a generous dollop of yogurt, nut butter, and any other toppings you desire!

Recipe and photo sourced from: <https://siggis.com/recipe/sweet-breakfast-tacos>

## \*STRAWBERRY KIWI FROZEN YOGURT

*Any Season | Easy | Serves: 4*

### Ingredients

- 3 cups frozen strawberries or other frozen berries
- 3 kiwis kiwi, peeled and sliced
- 1 cup greek yogurt
- 3 Tbsp honey, or agave



### Directions

1. Combine all ingredients in a food processor or high power blender and blend until smooth.
2. Transfer to an 8x8-inch (20x20 cm) glass dish or loaf pan.
3. Freeze for at least 2 hours.

Note: Try substituting any in-season fruit for the strawberries and kiwi!

Recipe and photo sourced from: <https://tasty.co/recipe/strawberry-kiwi-frozen-yogurt>

## \*STRAWBERRY S'MORES

Summer | Easy | Serves: 1



### Ingredients

- 2 strawberries
- 1 graham cracker
- 2 Tbsp yogurt, low-fat vanilla

### Directions

1. Rinse and slice strawberries.
2. Break graham cracker in half and add the yogurt and strawberries to ½ of graham cracker.
3. Top with the other ½ of graham cracker.

### Notes

- Substitute any desired low-fat yogurt flavor.
- Try other fruits like blueberries, bananas, etc.

Recipe and photo sourced from: <https://www.snap4ct.org/strawberry-smores.html>

## \*STRAWBERRY YOGURT BREAD

Summer | Moderate | Serves: 8-10



### Ingredients

- ⅓ cup butter, melted
- 1 cup sugar
- 2 eggs
- 3 Tbsp lemon juice
- Zest of 1 lemon
- 1 ½ cups flour
- 1 tsp baking powder
- ½ tsp salt
- ½ cup plain Greek yogurt
- 1 cup fresh strawberries

### Directions

1. Preheat oven to 350°F.
2. Grease a loaf pan and set aside.
3. In a medium bowl, whisk melted butter, sugar, eggs and lemon juice.
4. In another bowl mix together the flour, baking powder and salt.
5. Slowly mix together your wet and dry ingredients.
6. Add in the Greek yogurt and gently stir until evenly mixed.
7. Fold in strawberries and lemon zest.
8. Pour into your greased loaf pan and bake for 45-50 minutes or until a toothpick comes out clean.

Recipe and photo sourced from: <http://msmodify.com/gluten-free-strawberry-yogurt-bread/>



## \*MIXED FRUIT MUFFINS

*Any Season | Moderate | Serves: 18*



### Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour (or another cup of all-purpose)
- 1 ½ tsp baking soda
- ¼ tsp salt
- ½ cup firmly packed brown sugar
- 1 (16 ounce) carton of plain non-fat yogurt
- ¼ cup vegetable or canola oil
- 1 cup chopped dried fruit

### Directions

1. Preheat oven to 400°F. In a large bowl, stir together flour(s), baking soda, salt, and brown sugar. Make a well in the center of the mixture.
2. Combine yogurt and oil and add to flour mixture, stirring just until dry ingredients are moistened. Stir in dried fruit just until evenly dispersed - do not overmix!
3. Spoon batter into greased muffin tins, filling each cup  $\frac{2}{3}$  full. Bake for 16-20 minutes or until muffins are golden brown and spring back when touched. Let muffins cool completely on a wire rack before serving.

Recipe and photo sourced from:  
[http://www.gleanersnutritionhub.org/uploads/2/9/7/6/29762123/mixed\\_fruit\\_muffins.png](http://www.gleanersnutritionhub.org/uploads/2/9/7/6/29762123/mixed_fruit_muffins.png)

## \*ACORN SQUASH BREAKFAST BOWLS

*Fall or Winter | Moderate | Serves: 6*



### Ingredients

- 1 small acorn squash
- ½ Tbsp olive oil
- ¼ tsp ground cinnamon
- 1 ½ cups plain 4% siggi's
- 4 Tbsp toasted pumpkin seeds
- 3 Tbsp dried cranberries, chopped
- 2 Tbsp peanut butter

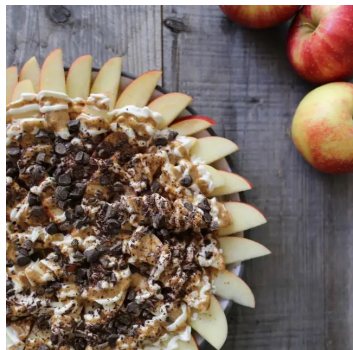
### Directions

1. Preheat oven to 425°F.
2. Cut the squash in half, scoop out the seeds and discard. Combine the olive oil and ground cinnamon and brush onto the cut side of the squash. Place the squash cut-side down in a baking dish and roast for 20 minutes. Remove from the oven and cool completely or overnight.
3. Once cooled, fill the hollowed-out squash with  $\frac{3}{4}$  cup skyr each. Top with pumpkin seeds and dried cranberries. Drizzle with peanut butter and enjoy!

Recipe and photo sourced from: <https://siggis.com/recipe/acorn-squash-breakfast-bowls>

## \*APPLE NACHOS

Any Season | Easy - Moderate | Serves: 6



### Ingredients

- 5 apples (sliced)
- ½ cup nonfat vanilla greek yogurt
- ½ cup nut butter
- ¼ cup dark chocolate chips
- Cinnamon to taste

### Directions

1. Core and thinly slice the apples. Tip: Spritz them with a lemon juice and water solution to stop them from browning.
2. Spoon the Greek yogurt into a pastry bag or a squeeze bottle. Do the same with the nut butter in a separate bottle/bag.
3. Finely chop the dark chocolate chips.
4. Arrange the apple slices on a plate in a circular pattern. Top with alternating layers of yogurt, nut butter, and chocolate chip pieces. Sprinkle with cinnamon and serve.

Recipe and photo sourced from: <https://www.yummly.com/recipe/Healthy-Apple-Nachos-2229182>

## \*APPLE CINNAMON POCKETS

Fall | Moderate | Serves: 4



### Ingredients

- 1 Tbsp sugar
- 1 tsp cinnamon
- 2 apples, medium, chopped
- 2 tortillas, whole wheat, 6 inches
- cooking spray (or 1 tsp canola oil)
- ½ cup vanilla yogurt

### Directions

1. Mix sugar and cinnamon in small bowl.
2. Lightly coat one side of each tortilla with cooking oil. Sprinkle with a spoonful of cinnamon sugar.
3. Spray a small pan with cooking spray, and place over medium heat on the stove.
4. Add one tortilla (oil side down) to the pan, with ½ apples on one side, and fold over. Cook about 1 minute or until lightly browned. Flip and cook second side.
5. Remove from pan and cut in half.
6. Repeat with remaining tortilla and apples, and serve with yogurt if you'd like.

Recipe and photo sourced from: <https://www.snap4ct.org/apple-cinnamon-pockets.html>

## \*NO-BAKE PB&J YOGURT CAKES

*Summer or Any Season | Easy - Moderate | Serves: 6*



### Ingredients

#### FILLING

- 1 cup nonfat plain Greek yogurt
- ½ cup creamy peanut butter
- 1 Tbsp honey
- 1 tsp cinnamon

#### CRUST

- 3 rectangular graham cracker sheets
- 2 Tbsp unsalted butter, melted

#### JAM (optional, can use pre-made jam)

- 2 cups frozen and/or fresh mixed berries
- 2 tsp pure maple syrup
- 2 Tbsp chia seeds

### Directions

1. JAM: On low heat, thaw the berries in a saucepan, letting them soften and break down. As they soften, mash them with a spoon. The juice should start to thicken up (reduction).
2. When the berries seem well-mashed, remove them from the heat, and stir in the maple syrup. Let cool for at least 5 minutes.
3. Stir in the chia seeds, then refrigerate overnight to let it thicken. Yields about 1 cup of jam.
4. CRUST: Place the graham crackers in a sandwich bag and remove the air. Use a bottle to roll and crush the crackers until they are finely ground. Press about 2 tsp into the bottoms of 6 muffin cups.
5. FILLING: Mix yogurt, peanut butter, honey and cinnamon until well-combined. Use a 1/4 cup measuring cup to scoop the filling into each muffin cup. Use the back of a spoon or a rubber scraper to smooth the yogurt in the muffin cups.
6. Refrigerate overnight, then carefully remove the cakes from the cups and top them with a teaspoon of mixed berry chia jam.

## GREEK YOGURT BROWNIES

*Serves: 16*



### Ingredients

- ¼ cup softened unsalted butter
- 1 cup white granulated sugar
- ¼ cup lightly packed dark brown sugar
- ¼ cup vanilla greek yogurt
- 2 large eggs
- 1 teaspoon pure vanilla extract
- ½ cup unsweetened cocoa powder
- ¾ cup all-purpose flour
- ¼ tsp salt
- ½ tsp baking powder
- ½ cup chocolate chips

### Directions

1. Preheat oven to 350 degrees.
2. In a large bowl mix together, using a hand mixer or whisk, the butter and sugar until it's combined.
3. Mix in the greek yogurt, eggs, and vanilla extract until combined.
4. Stir in the cocoa powder until dark and chocolatey.
5. Slowly stir in the flour, salt, and baking powder just until the batter is moist.
6. Slowly stir in the chocolate chips.
7. Pour batter into a 9 inch baking pan spray with cooking spray.
8. Bake for 22-23 minutes. Do not over baked.
9. Let cool in the pan. Serve.

Recipe and photo sourced from:

<https://www.organizeyourselfskinny.com/healthy-fudge-brownie-recipe-made-with-greek-yogurt/>

## \*BLUEBERRY BAGELS

*Serves: 8*



### Ingredients

- 2 ½ cups self-rising flour
- 2 cups Greek yogurt (we used 0% Fage) (strain as much liquid as possible)
- 1 cup washed, drained, dried fresh blueberries
- 1 egg whisked for egg wash
- ¼ tsp kosher salt

### Directions

1. Preheat oven to 375 degrees.
2. Mix yogurt, flour and salt with a spatula or spoon, the mixture is kind of sticky. Knead it a few times inside the bowl.
3. Add your blueberries, lightly mix with a spoon or spatula, you don't want mashed berries. Take dough out on a board, flour lightly separate into 8 even balls.
4. For each ball, roll gently into a log about 7" long. Then, connect that log so it forms a circle with the hole in the center. The circle diameter is about 3".
5. Place all bagels on a parchment lined baking sheet. You should be able to fit 8 on a 9" x 13" baking pan. Before baking brush tops and side of each bagel with egg wash.
6. Bake for about 18-20 minutes or until golden. If you find the tops are still not golden at the end of baking time place under broiler for a couple of minutes then remove.

Recipe and photo sourced from: <https://helloyummy.co/easy-two-ingredient-blueberry-bagels/>



## CHICKEN SALAD

Summer or Fall | Easy - Moderate | Serves: 12



### Ingredients

- 3 cups cooked boneless skinless chicken breasts, ½-inch-diced
- 2 cups seedless red grapes, halved
- 3 medium stalks celery, diced
- 2 large green onions, thinly sliced
- ½ cup sliced almonds, toasted
- 1 cup nonfat plain Greek yogurt
- 2 Tbsp reduced fat milk
- 2 tsp honey
- Salt and pepper to taste
- 2 Tbsp chopped fresh dill

### Directions

1. Place the diced chicken, grapes, celery, green onions, and almonds in a large bowl.
2. In another bowl, whisk together the Greek yogurt, milk, honey, salt, and pepper. Pour over the chicken mixture and toss to coat. Taste and add salt and pepper as desired. If time allows, refrigerate for 2 hours or overnight.
3. When ready to serve, sprinkle with fresh dill. Serve as a filling for sandwiches, atop salad greens, as a dip with crackers, or simply enjoy it directly out of the bowl.
4. Leftover chicken salad will keep in the refrigerator for 3-4 days.

Recipe and photo sourced from: <https://www.wellplated.com/greek-yogurt-chicken-salad/>



## BROCCOLI APPLE SALAD

Spring or Fall | Easy - Moderate | Serves: 12



### Ingredients

- 1 (5.3 ounce) container of siggi's vanilla yogurt
- 1 Tbsp red wine vinegar
- 1 Tbsp sugar
- ¼ – ½ medium red onion, chopped
- 3 cups chopped broccoli
- 1 apple, peeled and chopped
- ½ cup dried cranberries
- ½ cup golden raisins
- ¼ cup sliced almonds

### Directions

1. In a medium bowl, whisk together the yogurt, vinegar, and sugar. Add the remaining ingredients and stir until evenly coated.
2. Place in the refrigerator for up to 4 hours to allow for the flavors to blend together.
3. Serve chilled. Store covered for up to 5 days.

Recipe and photo sourced from: <https://siggis.com/recipe/broccoli-apple-salad>





# Additional Dairy Tips

- Lactose Intolerance
- Sell by dates
- Purchasing Local
- Substitutions
- What is shelf stable?

# Fall In Love with Dairy Again

Do you love the taste of dairy foods, but sometimes feel uncomfortable or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you enjoy the recommended 3 servings of low-fat or fat-free dairy foods every day – without experiencing discomfort. This is good news because the 2010 Dietary Guidelines for Americans (DGA) recognizes dairy foods as an important source of nutrients, such as calcium, potassium and vitamin D, for those with lactose intolerance.

## Enjoy Dairy Again with These Tips:

### SIP IT.

Start with a small amount of milk daily and increase slowly over several days or weeks to find the amount that works with your tolerance.



### TRY IT.

Opt for lactose-free milk and milk products, like Lactaid. These real milk products have lower amounts of or zero lactose and provide the same nutrients as regular dairy foods. They also taste great!



### STIR IT.

Mix milk with other food, such as soup or cereal; blend with fruit; or drink with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



### SLICE IT.

Top sandwiches or crackers with natural cheese such as Cheddar, Colby, Queso Blanco, Monterey Jack, mozzarella and Swiss. These cheeses contain <0.1 grams of lactose per serving.



### SPOON IT.

Enjoy yogurt. Traditional yogurt and Greek-style yogurt that contain live and active cultures help to digest lactose.



## FAST FACTS ABOUT LACTOSE-FREE AND OTHER DAIRY FOODS

A cup of milk has 12 grams of lactose. People with lactose intolerance can often enjoy these dairy foods without discomfort:

Lactaid® Milk, Low-fat, Lactose-free*	(1 cup) 0 g lactose <sup>1</sup>
Low-fat Cottage Cheese	(1/2 cup) 3 g lactose <sup>1</sup>
Cheddar, Swiss, Mozzarella Cheese	(1 oz) <0.1 g lactose <sup>2</sup>
American Cheese	(1 oz) 1 g lactose <sup>1</sup>
Plain Greek-style Yogurt**	(6 oz) 4 g lactose <sup>1</sup>
Plain, Low-fat Yogurt**	(6 oz) 13 g lactose <sup>1</sup>
Select Hispanic Cheeses (Queso Blanco, Queso Fresco)	(1 oz) 1 g lactose <sup>1</sup>

There is a variation in lactose content from product to product.

Lactose-free milk is real milk, just without the lactose! So, sip and enjoy the nutritional benefits of dairy, without unwanted discomfort. People like the taste of lactose-free milk more than some of the available non-dairy alternatives.<sup>1</sup>

A wide variety of lactose-free dairy products are available, including reduced-fat, low-fat and fat-free chocolate milk, yogurt, ice cream and cottage cheese. Ask if your supermarket has a registered dietitian on staff to help guide you to more options.

\* Look for other lactose-free products including yogurt, cottage cheese and ice cream.

\*\* Yogurt, plain and flavored, is often well tolerated by individuals with lactose intolerance because the live and active cultures help to digest the lactose.

# Lactose Intolerant?

Dairy can still be enjoyed!

The following resources and more can be found at

[Dairy Farms, Stories & Benefits | US Dairy](#)

# The Science Behind Lactose Intolerance

Lactose is the sugar naturally found in milk and many milk products. In order to digest it, the body makes an enzyme known as lactase. Since all bodies are different, some people do not make enough of the enzyme to break down lactose (milk sugar) adequately. This may cause some physical discomfort when consuming products that have lactose in them and is commonly known as “lactose intolerance”.

*It's important to be aware that there are different levels of sensitivity for those who are diagnosed as lactose intolerant and symptoms can vary.* Many people choose to avoid all dairy products in order to eliminate those symptoms. But here's some great news! The amount of lactose in dairy products are not all the same and there are some excellent strategies available for those who want to use dairy foods for their wealth of nutrition qualities or like myself, just for the meal variety and flavor.

- **Try something new:** Fluid milk tends to be higher in lactose than other dairy products. Consider drinking lactose free milk instead. This is *real* cow's milk and provides the same essential nutrients as regular milk.
- **Get cheesy:** Most cheeses are lower in lactose and in turn will be easier to digest for someone with lactose intolerance. Great options like Cheddar, Mozzarella, Swiss, Colby and Monterey Jack are readily available at grocery stores.
- **Yay for yogurt:** Yogurts that contain live and active cultures can make it easier for the digestive system to digest lactose. With the incredible variety of yogurts on the market, it's easy to find one that appeals to your taste buds and nutrition needs.

# Lactose Intolerance (cont.)

Suffering from lactose intolerance doesn't have to mean avoiding dairy products altogether. In fact, most people who experience lactose intolerance can still tolerate small amounts of milk. Aged, natural cheeses and yogurt are naturally low in lactose and can be great nutrient-rich dairy options in addition to lactose-free products. Follow these guidelines to continue to successfully enjoy dairy:

- **Try It:** Opt for lactose-free milk and milk products. They are real milk products, just without the lactose, taste great and contain the same nutrients as regular dairy foods.
- **Sip It:** Start with a small amount of milk daily and increase slowly over several days or weeks to tolerance.
- **Stir It:** Mix milk with other foods, such as soups and cereal; blend with fruit or drink milk with meals. Solid foods help slow digestion and allow the body more time to digest lactose.
- **Slice It:** Choose natural cheeses such as Cheddar and Swiss.
- **Spoon It:** Enjoy yogurt. Its live and active cultures help digest lactose.

# Where does my carton of milk come from?

Distribution companies pick up milk and other dairy products in refrigerated trucks from the local processing plants and deliver them to grocery stores, convenience markets, gas stations, schools and other retail outlets. In most instances, the milk you buy in your grocery store was picked up on the farm less than 2 days (48 hours) prior. Now that's local! For more information visit our one of Indiana's Dairy Farms at:

[https://www.youtube.com/watch?v=yRoN\\_wAOH3k](https://www.youtube.com/watch?v=yRoN_wAOH3k)

To find your local distributor look here:

<http://www.whereismymilkfrom.com/>





Sweetened Condensed Milk



Dry Buttermilk Powder



Evaporated Milk

## Other Cows Milk Dairy Options

**Sweetened Condensed Milk**- is very thick and sweet – is regular cow's milk concentrated and sweetened with about 45 percent sugar – so it works well as a dessert ingredient. Thanks to canning process and added sugar, it has a shelf life of about two years.

**Powdered buttermilk**, which is meant to be used dry, seemed to have more potential than **liquid**. ... The directions on the label call for the **buttermilk powder** to be added to the other dry ingredients in a recipe. A quarter of a cup of the **powder** equals one cup of **liquid buttermilk**

**Evaporated Milk**- is regular cow's milk that's been thickened by evaporation, which removes about 60 percent of the water from the milk. Shelf stable and great to have on hand for cooking.

# Dairy Substitutions for Cooking

## **Butter (unsalted, 1 cup)**

- 1 cup shortening
- $\frac{7}{8}$  cup vegetable oil
- $\frac{7}{8}$  cup lard

## **Buttermilk (1 cup)**

- 1 cup yogurt
- 1 Tbsp lemon juice OR vinegar + enough milk to make 1 cup

## **Cheddar cheese (1 cup shredded)**

- 1 cup shredded Colby cheddar
- 1 cup shredded Monterey Jack cheese

## **Cottage cheese (1 cup)**

- 1 cup farmer's cheese
- 1 cup ricotta cheese

**Cream (half and half, 1 cup)** -  $\frac{7}{8}$  cup milk + 1 Tbsp butter

## **Cream (heavy, 1 cup)**

- 1 cup evaporated milk
- $\frac{3}{4}$  cup milk +  $\frac{1}{3}$  cup butter

## **Cream (light, 1 cup)**

- 1 cup evaporated milk
- $\frac{3}{4}$  cup milk + 3 Tbsp butter

**Cream (whipped, 1 cup)**- 1 cup frozen whipped topping, thawed

## **Cream cheese (1 cup)**

- 1 cup pureed cottage cheese
- 1 cup plain yogurt, strained in a cheesecloth

## **Farmer's cheese (8 ounces)**

- 8 ounces dry cottage cheese
- 8 ounces creamed cottage cheese, drained

# Dairy Substitutions for Cooking (cont.)

**Crème fraiche (1 cup)** - 1 cup of heavy cream + 1 Tbsp of plain yogurt. Mix and let stand for 6 hours at room temperature.

**Evaporated milk (1 cup)** - 1 cup light cream

**Milk (1 cup whole)** -  $\frac{2}{3}$  cup evaporated milk +  $\frac{1}{3}$  cup water OR  $\frac{1}{4}$  cup dry milk powder + 1 cup water

**Ricotta (1 cup)** - 1 cup dry cottage cheese

## **Sour cream (1 cup)**

- 1 cup plain yogurt
- 1 Tbsp lemon juice or vinegar + enough cream to make 1 cup
- $\frac{3}{4}$  cup buttermilk +  $\frac{1}{3}$  cup butter

**Sour milk (1 cup)** - 1 Tbsp vinegar or lemon juice + enough milk to make 1 cup. Mix and let stand for 5 minutes to thicken.

**Sweetened condensed milk (1 [14-ounce] can)**--  $\frac{3}{4}$  cup white sugar mixed +  $\frac{1}{2}$  cup water + 1  $\frac{1}{8}$  cups dry powdered milk. Bring to a boil and cook, stirring frequently, until thickened, about 20 minutes.

## **Yogurt (1 cup)**

- 1 cup sour cream
- 1 cup buttermilk
- 1 cup sour milk

<https://www.allrecipes.com/article/common-ingredient-substitutions/>



# Taking Care of Dairy- Freezing Milk

## How to Freeze Milk

- If you decide to freeze milk before the expiration date, you'll want to put it in small containers first. Leave a little space at the top (about an inch or so) because the milk, like other liquids, will expand when it freezes.
- You may notice the fat separates from the rest of the milk when you freeze it; don't worry about it – it's completely normal. That's because the protein and minerals are the first to thaw; the water in the milk thaws later.
- Once you're ready to use the milk, let it thaw completely in the refrigerator. Milk fats can thaw separately than the water in milk, so if it's not completely thawed, you may notice that it isn't as smooth as usual – but a quick shake or stir can help. That said, it's still safe to drink or use in recipes. While freezing suspends the spoilage process, it's recommended that thawed milk be used as quickly as possible.
- Some think that freezing milk changes its taste; if you plan on freezing milk to drink later, you may want to try a small batch first to see how you like it. If you're freezing it to use in recipes, consider freezing it in ice cube trays.
- For more information: Visit our web page at [www.WinnersDrinkMilk.com](http://www.WinnersDrinkMilk.com)

# Taking Care of Dairy- Freezing Cheese

## How to Freeze Cheese

- Some softer cheeses like mozzarella and young Cheddar can be frozen especially when shredded. Other cheeses, like aged Cheddar will become crumbly. Depending on how its texture changes, you may want to plan to use the thawed cheese on salads or in recipes.
- You can freeze shredded cheese before the expiration date, but it's best to allow it to thaw for at least 24 to 48 hours in the fridge. This will allow the moisture (which becomes frost when it's frozen) to go back into the cheese. While freezing suspends the spoilage process, it's recommended that thawed cheese be used as quickly as possible.
- If you have a block of cheese, consider cutting it into 1/2-pound blocks or smaller. You can wrap it in plastic wrap or freezer bags, which will prevent the cheese from absorbing other flavors.





# Taking Care of Dairy- Freezing Butter



## How to Freeze Butter –

- To keep it tasting as fresh as possible, keep it in its original wrapping. You can also wrap it in foil or plastic and put it in an airtight container. This will make sure the butter doesn't absorb other flavors. You can freeze it in blocks, sticks, or slice it into pats of butter.
  - Unsalted butter can last up to five months.
  - Salted butter can last up to nine months.
- Keep the butter frozen until you're ready to use it, then let it thaw in the refrigerator.
- Depending on how you plan to use it, consider grating the butter while it's still frozen – it softens quickly and works well for baked goods. While freezing suspends the spoilage process, it is recommended that thawed butter be used as quickly as possible.

# Keeping Dairy Foods Fresh

- **“Sell by date”** – is determined by the manufacturer for use by retailers to determine how long to display the product for sale or when they should take it off the shelves, and by consumers to know the time limit to purchase or use the product at its best quality. However, it does not mean that the food is no longer safe to eat. For maximum quality, you should buy the product before this date.
- **“Use by date”** – is intended for consumers to help them select a product at its best quality. It’s the last date recommended for the use of the product at its peak quality. This date is determined by the product’s manufacturer. Even if the date expires during home storage, the product should be safe, wholesome, and of good quality if handled and stored properly.
- **“Best if used by (or before)”** – is recommended for best flavor or quality. It is not a purchase or safety date. For example, a product may be safe to eat beyond this date, but may not be of highest quality.

# When is Milk Safe to Drink?



- Milk, plain or flavored, can stay fresh for 2 to 3 days and possibly up until one week after the “sell-by” date if handled and stored properly. The Academy of Nutrition and Dietetics recommends discarding milk after the container has been opened for one week, regardless of the “sell-by” date.
- Buy milk and other dairy products near the end of your shopping trip and refrigerate as soon as possible, such as within 2 hours after purchase or sooner if the outside temperature is high. Some dairy foods (e.g., milk) can be frozen, whereas others (e.g., cottage cheese, cream cheese, sour cream) do not freeze well.
- Store milk and other dairy products in the interior of the refrigerator at 40°F or below. Do not store milk in the refrigerator door, where the temperature can be higher due to opening and closing of the door.
- Choose milk in cardboard containers or non-translucent jugs that do not allow exposure to light, which can contribute to spoilage.



# Tips to Keep Cheese Safe to Eat

- Safe storage times for cheese depends on the moisture content and acidity.
  - Tightly wrapped, refrigerated hard cheeses such as cheddar, Edam, Swiss can last up to 6 months unopened OR 3-4 weeks after opening.
  - Softer cheeses, such as cream cheese, can last one week and 2 weeks for cottage cheese.
- If mold appears on hard cheeses remove it by cutting a one-inch square around the mold area and discard. The remaining is safe to eat. Discard soft cheeses such as American, ricotta, or cottage cheese.
- Pregnant women, children, elder and people with compromised immune systems should not consume unpasteurized cheese or soft cheese like Camembert, Brie or blue veined cheeses.

# Tips to Keep Yogurt and Ice Cream Safe to Eat



## **Yogurt**

- Check the “sell-by” date on the carton.
- Use refrigerated yogurt within 1-2 weeks after purchasing it.

## **Ice Cream**

- It has a shelf life of 2 to 4 months because it is stored in the freezer where bacterial growth is significantly slowed, due to the colder temperatures.
- When making homemade ice cream, use pasteurized eggs, not raw eggs.



# Frequently Asked Questions from Pantry Clients

Why are calcium and vitamin D so important for children?

- Due to the rapid rate of child growth, their bones need to be strong to keep up. Calcium and vitamin D are two nutrients that support strong bones and help to prevent injury and reduce the risk of developing osteoporosis as they get older.

What's the difference between whole and fat-free milk?

- The difference between whole milk and fat-free milk is the amount of fat per cup! In one cup of whole milk, there is about 9 grams of fat, while in a cup of skim milk, there is no fat. It is recommended that people above two years of age consume reduced fat milk (skim, 1%, or 2%), but whichever milk you choose will offer a consistent amount of calcium, vitamin D, protein, and other essential nutrients.

Do adults still need to drink milk once they have finished growing?

- Yes! The nutrients that milk provides for children are still important at any life stage. It is recommended that adults eat three servings of dairy every day, especially from milk, yogurt, and cheese, which are some of the most calcium-rich foods! Calcium is required to keep bones strong so that they do not start to thin out and break down as adults get older (osteoporosis). Even if you're lactose intolerant, lactose-free milk contains all the amazing nutrients as normal milk, just without lactose.

# Frequently Asked Questions from Pantry Clients

## How much longer will this milk be alright to drink?

- The amount of time that milk lasts depends on not only the date marked on its container but also whether the milk has been consistently stored at the proper temperature. If stored at the proper temperature, your milk is likely to last beyond the “best by” date. When in doubt, smell the milk to see if you notice a sour smell, or pour some into a glass to observe the consistency of the milk before drinking it.

## Is it OK to eat cheese from a block that has already started molding?

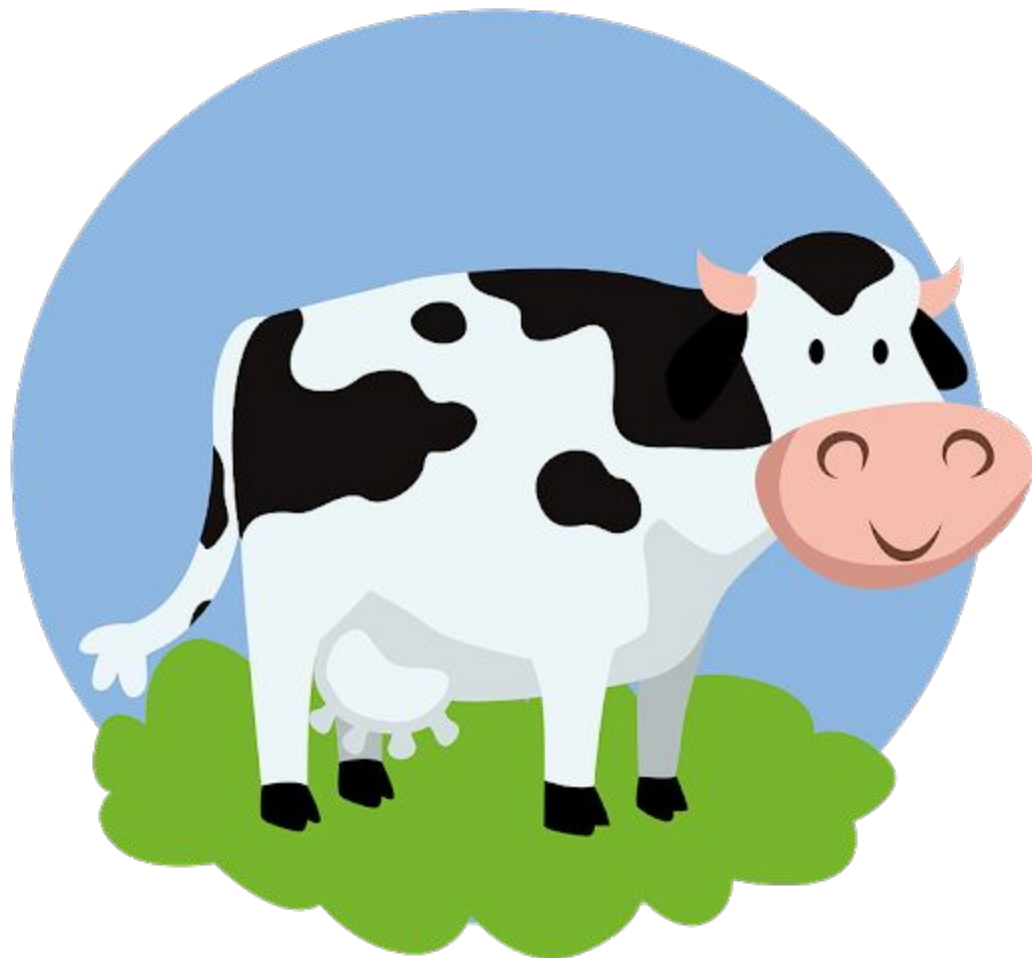
- Yes. Simply remove the molded portion of the block (or for sliced cheese, remove the slice) with the mold on it. Cut about 1 square inch around the mold. However, with soft cheese (like cottage, cream cheese, or ricotta), it's best to get rid of the package.

## Do almond soy beverages provide the same benefits as drinking milk?

- Not entirely. While these beverages contain *some* of the same benefits, milk is unmatched by milk alternatives in providing nine essential nutrients. The quantity and quality of these nutrients in milk alternatives is not as great as in milk.

## What if the food pantry only has shelf-stable milk available?

- Shelf-stable milk is a great option to receive all the benefits of refrigerated milk! Once opened, keep it in the refrigerator and drink within 1-2 weeks!



# Fun Dairy Activities for the Whole Family!



Quizzes, Coloring,  
MyPlate & More!

# Test your Knowledge!

How much do *you* know about your bones and how to keep them healthy?

## True or False...

1. Bones are not alive (BONUS point).
2. Your bones need calcium to grow strong and healthy.
3. Bones give your body shape, support, and protection.
4. Milk has other vitamins and minerals besides calcium that are good for you.
5. Milk contains calcium, but yogurt does not.
6. Vitamin D helps your body absorb calcium.
7. The pinkie finger is the smallest bone (BONUS point).
8. Calcium makes up 99% of your bones (BONUS point).
9. Cheese does not contain calcium.



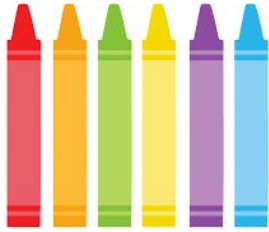
Answers are on the next page!

# True or False Quiz Answers

1. **False:** Bones are alive. They start to grow even before you are born. As you grow, your bones grow. Foods such as milk and yogurt have calcium. Calcium helps bones to grow strong and healthy.
2. **True:** Without calcium, bones become weak, and can form incorrectly as they develop. This condition is known as “rickets.” Even after your bones are done growing, they still need calcium.
3. **True:** Without bones you would flop around like a wet noodle. Bones hold your body up and protect internal organs such as your heart.
4. **True:** Milk contains NINE essential nutrients: calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin.
5. **False:** Milk, yogurt and cheese are all rich in calcium. Make sure you get the recommended three servings every day.
6. **True:** Vitamin D is calcium’s bone building partner. If you don’t get enough vitamin D, your bones can become weak and brittle. Some of the food sources of vitamin D include fortified milk and yogurt products, and fish such as salmon and sardines. People who get adequate exposure to sunlight can make vitamin D inside their bodies, but many people do not have enough exposure to the sun and need to get vitamin D from food.
7. **False:** The smallest bone is found inside the ear. This ear bone is so small (3 mm) that it can fit on the fingernail of your pinkie.
8. **True:** Bones are mainly composed of calcium.
9. **False:** Milk, yogurt and cheese are all rich in calcium. Make sure you get the recommended three servings every



# Time to Get Creative!



Parents! The coloring pages on the upcoming slides are sized For more coloring pages and additional information, check out:

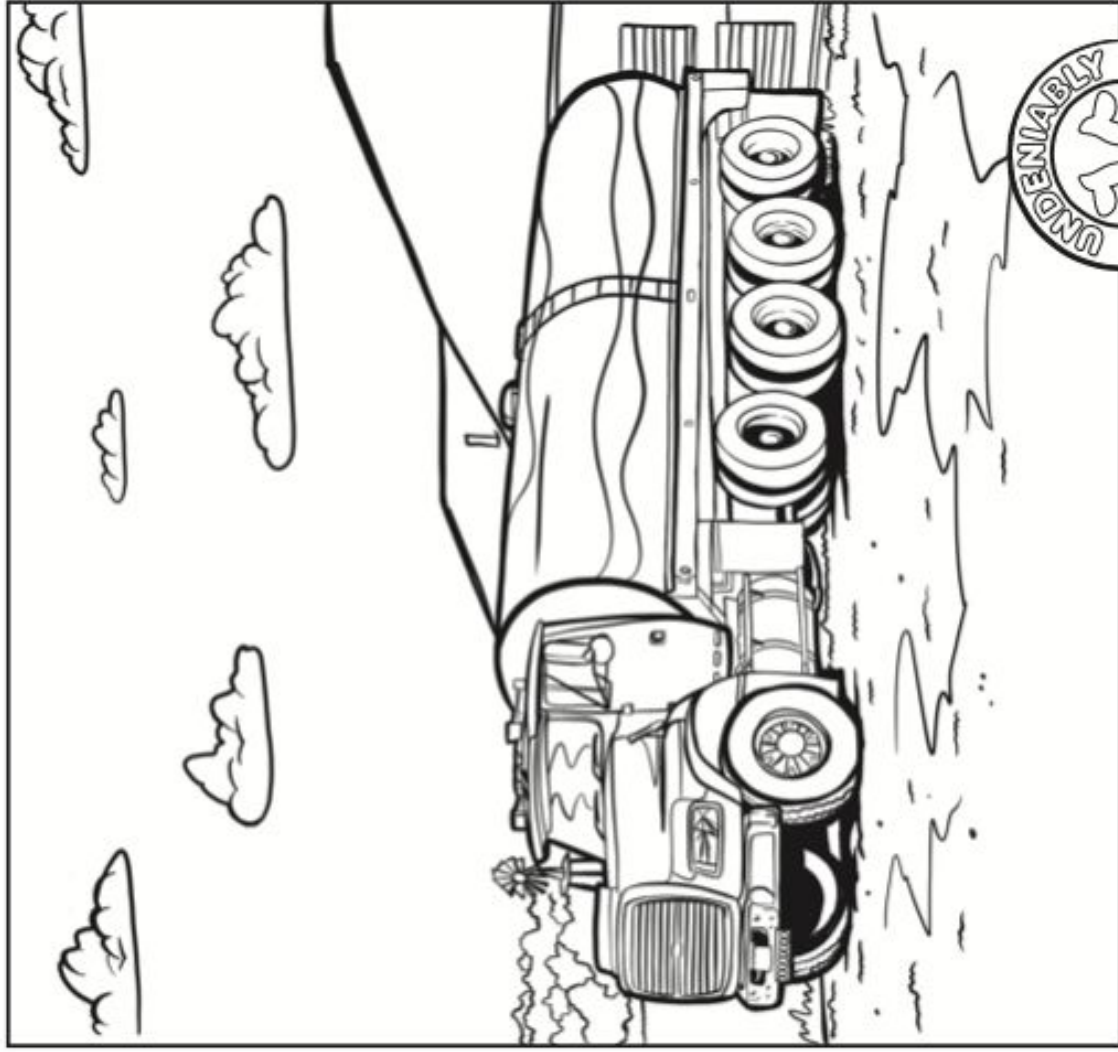
<https://www.discoverundeniablydairy.com/>





## Did You Know?

Cows sleep on beds like we do.  
These cows are laying on sand, like a beach!



## Did You Know?

Most people in the U.S. live within 100 miles  
of a dairy farm. That's local!



## Did You Know?

Dairy foods like yogurt, cheese and milk make it easy to power up with protein all day.





## Did You Know?

Farmers and veterinarians are constantly making sure cows are comfortable.

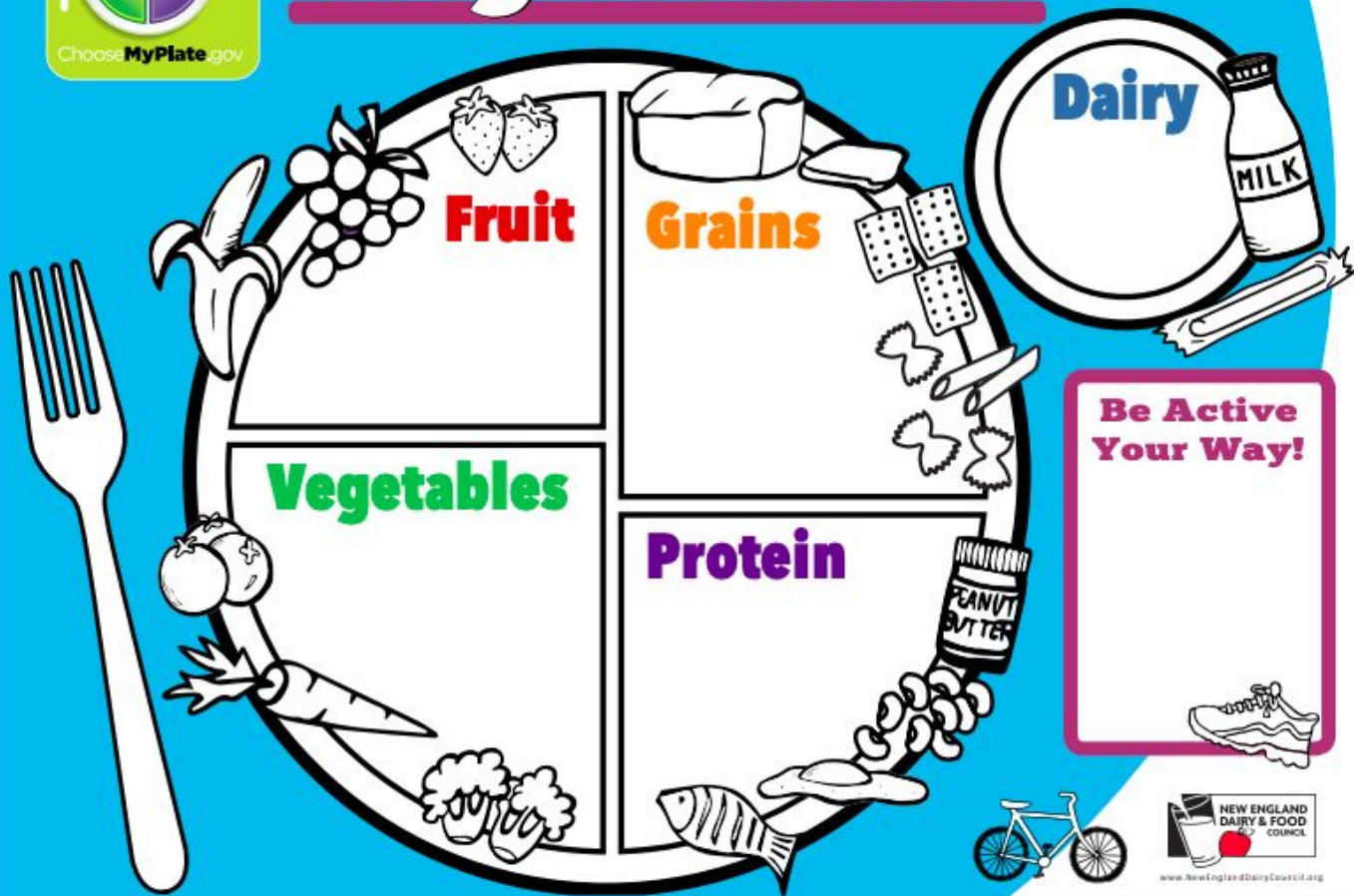


Filling up with  
fruits, vegetables,  
grains, protein, and  
dairy is very  
important for  
staying healthy!

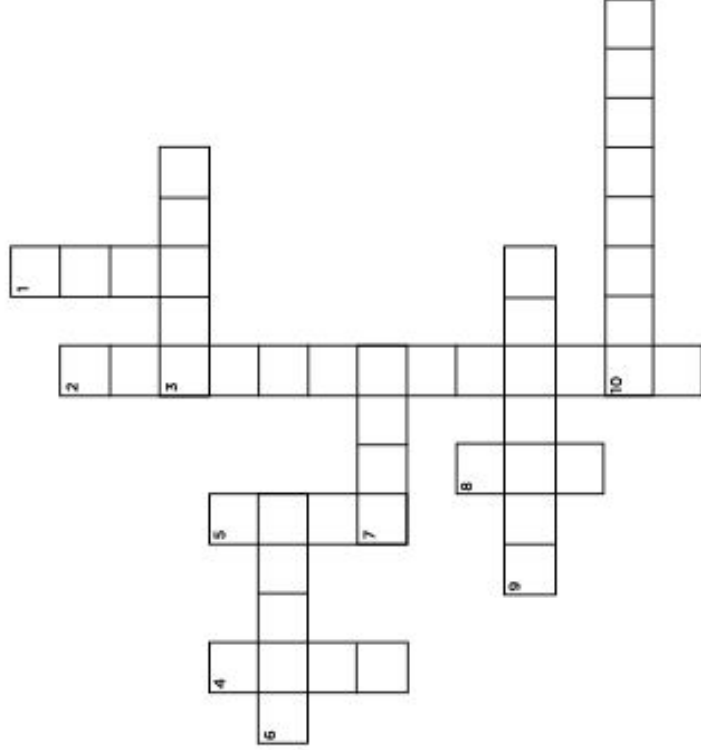
Draw or list your  
favorite foods (or  
foods you want to  
try!) on the plate in  
the section that they  
belong!



# MyPlate



# COWHERD CROSSWORD



## CROSSWORD CLUES:

### ACROSS

3. Number of dairy servings you should have every day.
6. Crust and sauce and cheese.
7. Number of essential nutrients in milk.
9. Stuff in dairy that builds muscles.
10. Dairy treat that you make in a blender.

### DOWN

1. Number of compartments in a cow's stomach.
2. Another name for curds and whey.
4. Delicious drink that comes from a cow.
5. Shelter for cows.
8. A sound made by cows.

Can you  
solve this  
Cowherd  
Crossword?

# UDDERLY FINE WORD FIND

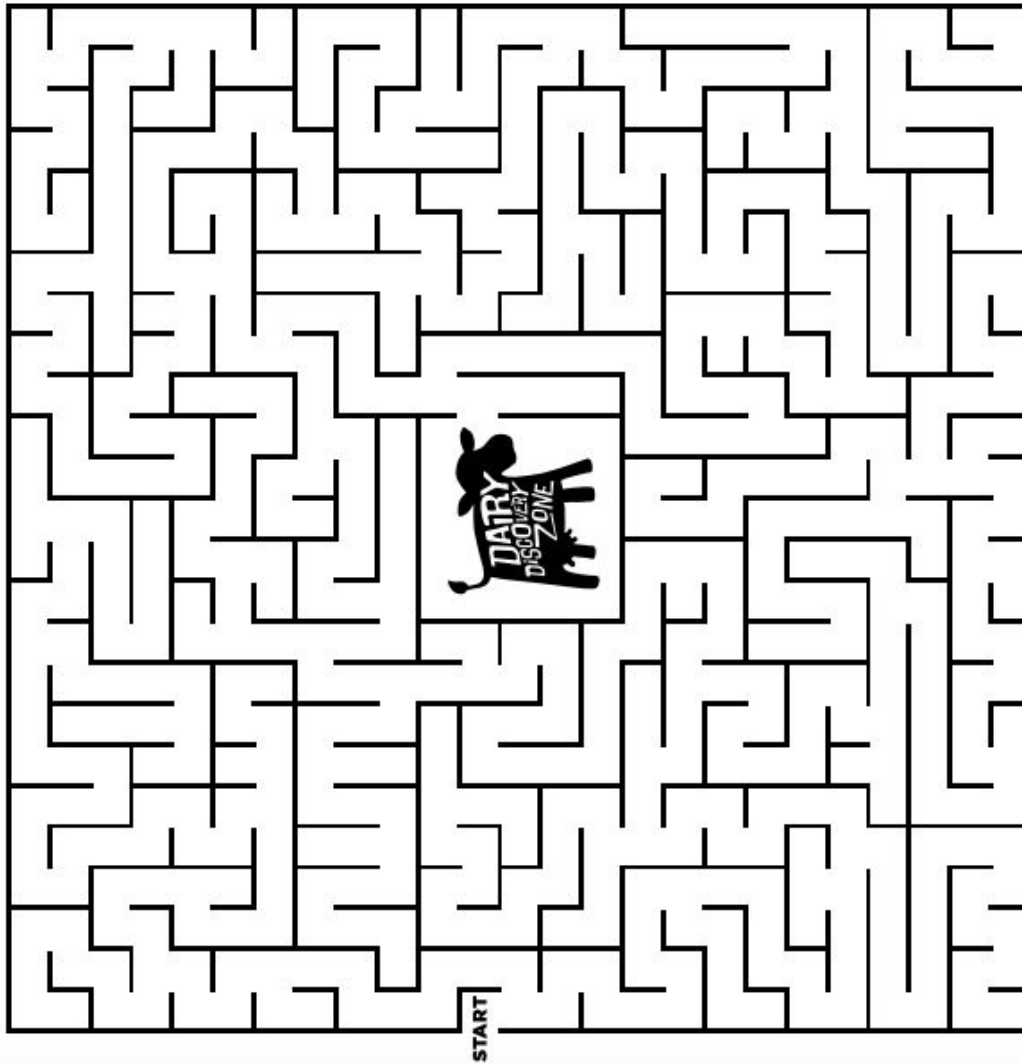


P	A	T	H	C	M	C	H	K	T	X	D	X	V	N
F	A	J	I	C	C	O	X	N	O	Y	C	Y	X	R
J	A	S	M	A	L	K	E	O	R	A	D	A	K	E
H	X	C	T	S	F	N	D	K	Y	O	X	J	B	M
E	C	H	T	E	I	R	V	J	Y	C	P	T	L	R
I	X	E	Y	V	U	Y	A	F	M	O	Q	S	M	A
B	I	S	O	D	C	R	V	P	B	L	M	D	A	F
N	V	B	V	S	A	R	I	P	L	A	I	L	F	J
J	E	R	S	E	Y	I	M	Z	N	T	L	Q	L	H
C	H	O	E	D	F	A	R	I	A	E	K	I	Y	T
K	Q	R	Z	W	S	E	R	Y	K	T	S	S	T	J
M	O	Y	W	M	U	I	C	L	A	C	I	W	A	U
U	F	X	P	G	H	T	G	E	G	U	N	O	H	C
X	K	D	E	X	B	Q	Z	A	G	L	I	S	N	H
F	P	P	U	K	I	W	X	V	C	P	U	H	O	R

BOVINE	FARMER	PARFAIT
CALCIUM	HOLSTEIN	PASTEURIZATION
CHOCOLATE	JERSEY	
DAIRY	MILK	

Can you  
solve this  
Udderly  
Fine Word  
Find?

# A-MAZE-ING DAIRY MAZE



**Can you  
Find your  
way to the  
Lost Cow?**

## SHAKE-IT-UP WORD SCRAMBLE



1. YIRAD

\_\_\_\_\_

2. EESHEC

\_\_\_\_\_

3. TUGROY

\_\_\_\_\_

4. OWC

\_\_\_\_\_

5. FALC

\_\_\_\_\_

6. RIFMANG

\_\_\_\_\_

7. DRUDE

\_\_\_\_\_

8. THISEMOO

\_\_\_\_\_

9. STREAKFAB

\_\_\_\_\_

10. LIKM

\_\_\_\_\_

**Oh no - the  
words have  
been  
shaken up!  
Can you  
help  
unscramble  
them?**



# Family-Friendly Videos

## Activities



Milk Gallon Tennis Ball Toss:  
<https://youtu.be/sxSNBNMtHko>



Fruit & Veggie Musical Chairs:  
<https://youtu.be/y741USqlk2w>

# Family-Friendly Videos

## Recipes



Chocolate Milk Shake Smoothie:  
<https://youtu.be/4KgSZ9PfkTI>



Frozen Yogurt Bark:  
<https://youtu.be/9WCp7319ejk>

# Resources

**Feeding America-** <https://bit.ly/3bhHmxO>

**Winners Drink Milk-** <https://winnersdrinkmilk.com/resources>

**National Dairy Association-** <https://www.usdairy.com>

[“The Food Keeper”](#)

Food Safety Tips: [www.foodsafety.gov](http://www.foodsafety.gov)

[www.HomeFoodSafety.org](http://www.HomeFoodSafety.org)

[www.foodinsight.org](http://www.foodinsight.org).





For Information about Food  
Assistance Programs, Please  
Visit:

<https://www.usa.gov/food-help>