

# Knowledge @ Noon

## *“Very Dairy licious”*



*Wednesday, June 21 2017*  
*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District*  
*Master Food Volunteers*

# Milk: Many Choices

**J**une is National Dairy Month and a great time to become familiar with all the choices in your grocer's milk case. It used to be that your biggest choice was between whole milk or skim. Now there is Skim Plus®, soymilk and Lactose Reduced added to the picture.

Most people consider milk a staple and drink it cold or pour it on cereal, create

warm beverages, or to make smoothies or use in recipes. Here is what you will find in your grocery store along with tips to make the best choice.

## Soymilk

is made by grinding soybeans, mixing them with water and cooking until thick. It usually comes in original, chocolate and vanilla flavors. It contains little saturated fat, no cholesterol and no lactose, and contributes about 3 grams of fiber. Soymilk also contains around 6.5 grams of soy protein - enough to qualify for the new health claim that soy protein may help lower cholesterol when it is part of a lowfat diet. Choose a brand that is fortified so you get about the same calcium, vitamin D, vitamin B12 and vitamin A as skim milk. Soymilk is a smart choice for anyone seeking to limit their cholesterol, saturated fat, or sodium intake, or to eliminate lactose from their diets.

## Fortified fat free skim milk

usually has around 100 mg of calcium added per 1 cup serving. Brand names for this type of milk vary around the country but a few might include: Skim Plus, Calci Skim Milk, Skim Deluxe and Calcium Extra. One more bonus to this fortified skim milk is that it is usually thicker and creamier than skim, an added bonus for people who are used to whole milk. It is thick enough to be used as a coffee creamer and can be

used for cooking and baking. It is more expensive than regular skim milk.

## Fat free skim milk

is made by removing as much of the fat as possible. Generally, less than ½ gram of fat is found in a one-cup serving and it has nearly all of the nutrients found in whole milk, and is an excellent source of calcium and vitamin D.

## Lactaid milk

has been pre-treated with the enzyme, lactase, which makes it useful for persons with lactose intolerance. It is available in several varieties, including non-fat, 1%, 2%, or calcium fortified. It can be used in cooking and baking just like ordinary milk.

## Buttermilk

is typically made from nonfat or lowfat milk with certain organisms added to culture the milk. With only 2 grams of fat, 1 gram of saturated fat, and 9 mg of cholesterol, it is a healthy and popular choice for use in many recipes or as a beverage. Buttermilk is a great choice for mashed potatoes and baked goods - it adds flavor without a lot of fat.

## One-percent lowfat milk

is made by reducing the total fat content to 3 grams of fat in a one-cup serving with 1 gram of saturated fat. The cholesterol content is lowered to 10 mg per serving. This is a good choice for the

person who does not like skim milk, but wants to reduce the fat content of their diet.

## Two-percent reduced fat milk

is made by reducing the fat content to 5 grams of fat with 3 grams of saturated fat and 18 mg of cholesterol per one-cup serving. While it is a slightly better choice than whole milk, it is still not considered lowfat.

## Whole milk

contains 3.5% milk fat. A one-cup serving contains about 8 grams of fat with 5 grams of saturated fat and 35 mg of cholesterol. It is not a good choice for anyone who is concerned about their cholesterol because of its high saturated fat content. One exception to this is children between 1 and 2.

## Chocolate milk

is milk with cocoa and sweeteners added. Reading the label will tell you if it is made from whole, 2%, 1%, or non-fat milk. The cocoa and sweeteners add about 60 calories and 5 milligrams of caffeine per cup.

*By Beth Fontenot,  
MS, RD.*



## Dairy Nutrition -Milk, Cheese and Yogurt Pack Your Plate with Nutrients and Goodness

Nutrient-rich dairy products are one of the most affordable sources of nutrition and make healthy eating easy. Together, milk, cheese, and yogurt provide a unique package of nine essential nutrients, including calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin, and niacin (niacin equivalents). Beyond building stronger bones, three daily servings of low-fat or fat-free dairy foods improve overall diet quality and reduce the risk of various chronic diseases.

Adults up to age 50 need 1,000 mg of calcium a day and up to 1,200 mg when older. You can easily satisfy this requirement for bone health with low fat milk, which contains 305 mg of calcium in each cup.

Dairy products may also contribute to lower blood pressure and reduce the risk for cardiovascular disease and type 2 diabetes. More specifically, research shows the low-fat Dietary Approaches to Stop Hypertension (DASH) eating plan—which emphasizes dairy, fruits and vegetables and whole grains and is supported by the Dietary Guidelines for Americans—may help manage blood pressure.

**What is Dairy?** With the number of food items being compared to dairy or loosely referred to as dairy products, you might ask “What is dairy?” Dairy is any product made from cow’s milk, such as cheese, yogurt and butter.

There are dairy products made from goats and sheep milk, yet these foods do not measure up to the nutrition found in cow’s milk. Cow’s milk, and healthy dairy products, provide the dairy nutrition necessary for a balanced diet and bone health. Products marketed as “milk alternatives” have many more ingredients, are more processed and do not deliver the nine essential nutrients milk and dairy products do. A dairy products list would include well-known items like cheese, butter, yogurt, ice cream, cream and buttermilk.

### Milk, Flavored Milk and Milk Alternatives: Facts about Fat and Nutrients

While milk varies in fat and calorie levels, every type — from whole, low-fat or fat-free to chocolate — delivers nine essential nutrients (calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin).

The addition of flavoring and sugar does not take away any of these nutrients. Although flavored milks have added sugars, they account for less than 50 calories per serving — a small amount compared to how many nutrients it can provide both children and adults. Almost one-half of the sugar is naturally occurring lactose which is found in all milk.

The body is able to better absorb and digest the essential amino acids found in dairy protein as compared to soy, wheat, almond or rice proteins. Compared to most milk alternatives, cow’s milk also has higher amounts of and more absorbable calcium, making cow’s milk a great choice for supporting bone and muscle health.

**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.

The infographic features a wooden background with images of a glass of milk, a cup of yogurt, a banana, broccoli, and cheese cubes.

**Are dairy foods a good nutrition investment for families?** Yes, dollar for dollar, dairy foods are one of the most economical sources of nutrition in the grocery store. At about 25 cents a glass, milk is America's number one food source of calcium, potassium and vitamin D – three essential nutrients that people fall short on the most. Families can bank on nine essential nutrients when they purchase dairy foods like milk, cheese and yogurt – this is a nutrient package no other food group can offer.

**Do the fat levels in milk impact nutrition?** No, all types of milk – whole, low-fat and fat-free – deliver nine essential nutrients. Only fat and calories vary between milk with different fat levels. Milk is sold in a variety of fat levels to satisfy different consumer preferences.

**Does milk processing impact nutrition?** All milk is pasteurized for safety and homogenized for quality, but neither process has an impact on the overall nutrition package. Pasteurization kills harmful bacteria potentially found in raw milk. Homogenization keeps the cream from separating from the milk and creates a more consistent product.

**Is there any difference between the nutrition of natural and processed cheese?** Both types of cheese include calcium, protein and phosphorus, making them a great part of a nutritious diet that is part of a healthy eating plan. Processing allows for the addition of vitamin D and calcium. Manufacturers of both natural and processed cheeses are continuing to develop lower fat and lower sodium versions to meet a variety of consumer needs.

**Can a person still enjoy dairy even though they are lactose intolerant?** Yes! Lactose intolerance doesn't have to mean dairy intolerance. And, dairy nutrition facts from many health authorities show that milk and other dairy foods are an important and practical source of essential nutrients, for all people – including those who are lactose intolerant. People who have difficulty digesting lactose can still enjoy dairy, making sure they don't miss any essential nutrient.

**How does Greek yogurt compare to traditional yogurt?** Greek yogurt is a hot item on the grocery shelf these days. It has a tangy flavor and a creamy texture. Compared to traditional yogurt, Greek yogurt is strained to remove much of the liquid whey, lactose and sugar, giving it a thicker consistency. It also contains essential nutrients. In some cases, Greek yogurt can pack up to double the protein and roughly half the carbohydrates of regular yogurt. Because of its consistency, it works well as an ingredient in recipes. Some people, especially kids, may still prefer the flavor of traditional yogurts, so remember all low-fat yogurts, Greek or not, can fit into a healthful diet.

**How should I store dairy products?** This includes proper refrigeration, freezing and thawing.

**What is processed cheese?** Processed cheese, which was originally developed during wartime, is made from blending several varieties of high-quality natural cheeses that provides important nutrients such as calcium, phosphorus and protein. Processed cheese not only tastes delicious but also allows people the opportunity to enjoy an even wider variety of cheese flavors and textures.

### **Milk Alternatives**

**How do milk alternatives compare to cow's milk?** There are many milk alternatives out there, including rice, coconut, almond and nut, hemp, and soy beverages. However, these drinks are not technically milk, are heavily processed and contain a fewer number of the nutrients in dairy and at lower levels. What sets cow's milk apart from dairy alternatives is its nutritional package. Cow's milk provides nine essential nutrients, as compared to milk alternatives which have fewer nutrients in variable amounts, depending on the type you choose. For instance, the protein nutrient in almond, coconut and rice milks is significantly less than the 8 grams of protein in an 8-ounce serving of cow's milk. Cow's milk products are one of the richest sources of well-absorbed calcium which may be more readily available to the body to help build bones than the calcium in calcium-fortified milk alternatives. Milk remains a better option than beverages that are often lacking an essential nutrient or more.

## **Cheese Nutrition Facts – More Cheese? Yes, Please**

Whether you're looking for a convenient snack or a recipe ingredient that will steal the show, look no further. Cheese not only tastes good, it is made of simple ingredients and packed with nutrients. These cheese facts will have you and your family feeling good and saying "yes, please" to cheese.

Cheese gives everyone something to smile about! Nutrients from cheese benefit the body from head to toe. Cheese impacts dental health, as well as bone, muscle and heart health. The calcium and phosphorus in cheese help strengthen bones, cheese protein supports healthy muscles and the potassium can protect the heart by regulating blood pressure. Cheese also includes other essential nutrients including vitamins A and B12, riboflavin, phosphorus and magnesium that help us function at our best.

Cheese also can help you reach three daily servings of dairy, as outlined in the 2015 Dietary Guidelines for Americans. One serving of cheese is 1.5 ounces of natural cheese or 2 ounces of processed cheese. A visual reminder of a serving of cheese is four cubes the size of playing dice. Next time you purchase cheese at the store, go ahead and take a look at the cheese nutrition facts to see how this dairy food is a healthy choice.

Cheese not only tastes great, it's a convenient, portable and versatile food. And because cheese is a complete source of natural, high quality protein, it can help curb your hunger. What's more, cheese is perfect for transforming leftover ingredients into a creative new meal idea, which can help reduce food waste. You could sprinkle cheese on top of dishes, use it to make a cheesy sauce or mix it into your favorite recipes. Regardless of how you choose to enjoy your cheese, be sure to keep it safe and delicious with proper storage methods.

More Facts About Cheese – Cheese is versatile, convenient and nutritious! There are more than 300 American types of cheese to choose from.

## **Yogurt Facts**

Yogurt is a flexible nutrient powerhouse that knocks out hunger throughout the day. It is extremely versatile and a smart choice for quick and easy meals and snacks. Check out the yogurt nutrition facts and you will find yogurt is an excellent source of calcium and potassium. Yogurt provides numerous vitamins and minerals and is relatively low in calories. What's more, research shows kids who eat yogurt have improved nutrition and weight status. Yogurt also is a great ingredient to add to recipes when you want to extend a leftover and prevent food waste. Make the most of delicious, nutritious yogurt by storing it correctly.

### **Get Your Greek On: Greek Yogurt Nutrition**

Like all other dairy foods, Greek yogurt nutrition includes high calcium, vitamin and protein levels. If you want to make Greek yogurt a regular part of your diet, there are many different flavors of Greek yogurt for you to try. Beyond the traditional plain Greek yogurt, many healthy eaters enjoy vanilla, strawberry, black cherry, peach, pineapple and more. The list of flavors goes on! And if you're more health conscious, be sure to check the yogurt nutrition facts so you know how much sugar is in each container.

### **Yogurt Facts You Should Know**

Making yogurt begins when milk is thickened by live and active cultures, or probiotics. Probiotics are often added in specific amounts to yogurt for their health effect. Probiotic yogurt can help maintain the balance of bacteria necessary for a healthy digestive system and boost the immune system, shortening the length and severity of sickness. Yogurt is also a good dairy option for those with lactose intolerance, because cultures help to break down the lactose, making it easier to digest. So for anyone looking for a healthy snack, consider that yogurt nutrition is a powerhouse of essential nutrients as well as probiotics to support a healthy lifestyle.

# Milk Safety

## Dairy Farmers Provide Safe and Wholesome Milk

Dairy farmers follow strict standards, such as testing their milk before it leaves the farm, to ensure milk is safe and wholesome. The milk they produce is their badge of honor and their reputation. It's also the same milk their family drinks. So, with all that in mind, rest assured milk is safe for you and your family. Within the dairy case, there are countless choices with claims, such as organic and antibiotic-free. **The good news is that all milk, as long as it is pasteurized, is wholesome, safe and nutritious.** Any additional claims seen in the supermarket are a result of milk companies' response to consumer requests for choices in the dairy aisle. Learn more about these claims:

**Antibiotics:** Milk and dairy products are among the most stringently regulated foods in this country. Some cows need antibiotics when sick, but the milk from those cows is not allowed to enter the milk supply until the antibiotics have cleared their system. Any milk that tests positive for antibiotics is immediately discarded and does not enter the retail milk supply.

**Milk Hormones:** All milk, even organic, naturally contains very small amounts of hormones. The U.S. Food and Drug Administration (FDA) has concluded there is no significant difference between the milk from cows that are supplemented with growth hormone (rbST) and milk from cows that are not treated with rbST. Milk hormone levels from cows that are given rbST are within the normal range.

**Organic Milk:** Strict government standards ensure that both conventionally produced and organic milk are equally safe and nutritious. The USDA and Academy of Nutrition and Dietetics agree – organic milk and regular milk contain the same unique package of nutrients. Plus, most consumers say there is little to no taste difference between organic milk vs regular milk.

## Keep Dairy Products Safe

While dairy farmers work hard to ensure they provide safe, high quality milk, consumers must do their part, too. This includes correctly decoding date labels and properly storing dairy products at home, both of which can also help reduce food waste.

## Raw Milk Safety

The Centers for Disease Control and Prevention (CDC) estimates that about one in six Americans (that's 48 million people) get sick because of foodborne illness each year. When it comes to dairy products, the CDC warns that when consumed raw, "milk and products made from milk (including certain cheeses, ice cream and yogurt) can pose severe health risks." That's why milk products go through pasteurization and homogenization before arriving in the dairy case.

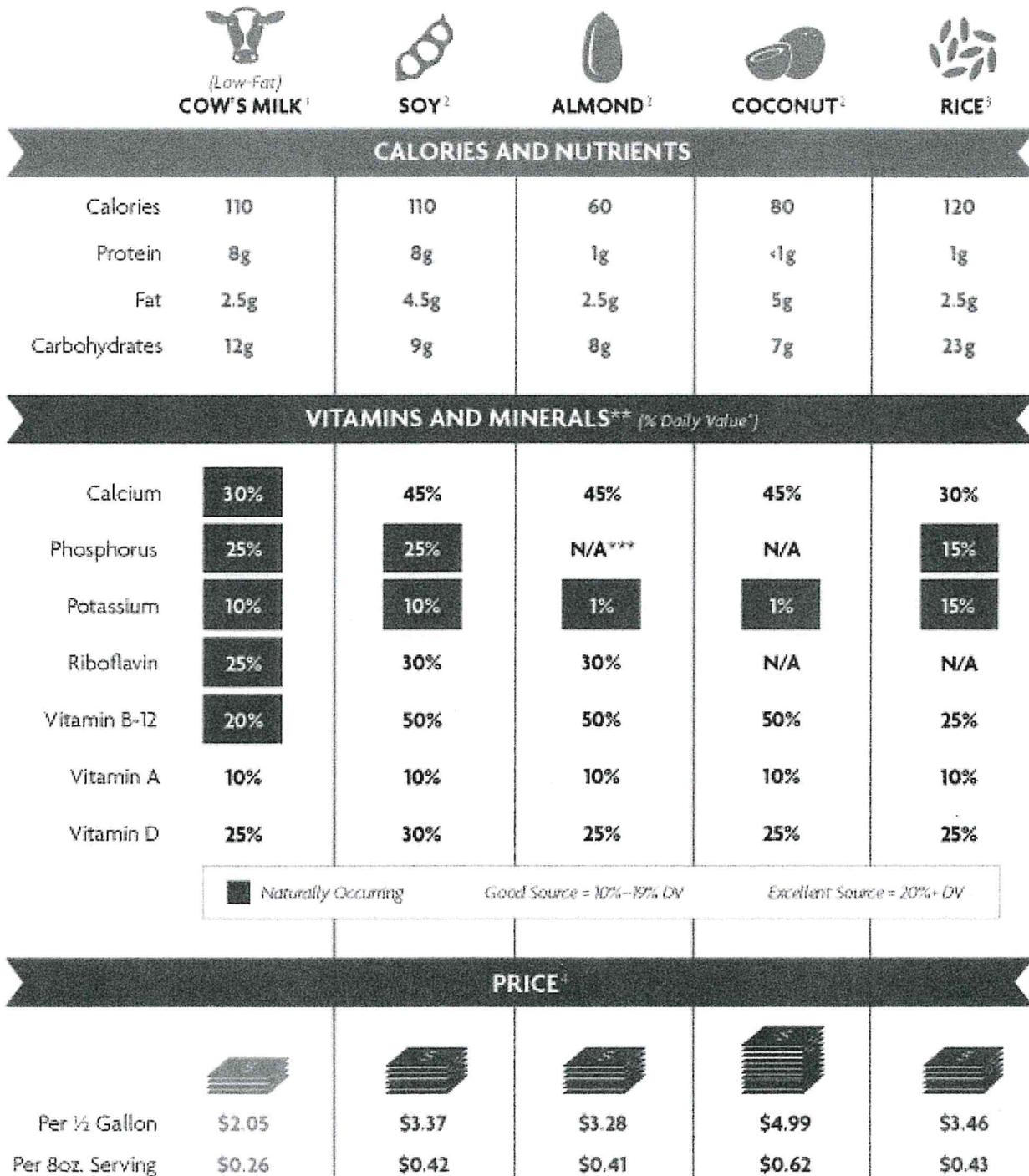
Pasteurization is a process that kills harmful bacteria potentially found in raw milk by heating milk to a temperature which kills bacteria and then is rapidly cooled. Don't fret, however, because "pasteurization does not significantly change the nutritional value of milk," according to the CDC. It is still nutrient-rich and contains protein and carbohydrates. The Food and Drug Administration (FDA) and the CDC recommend drinking only pasteurized milk. All processed milk also undergoes homogenization, which keeps the cream from separating from the milk and creates a more consistent product. Visit the CDC's recently updated Food Safety and Raw Milk site for more information on raw milk.

To further address the complex issues surrounding raw milk science and policy, visit Real Raw Milk Facts. This website addresses the complex issues surrounding raw milk science and policy. The website serves as a clearinghouse for evidence-based studies, presentations, commentaries, regulations, and position statements on raw milk to provide consumers with a better understanding of key health and safety issues associated with the consumption of unpasteurized dairy products. The site content was developed and reviewed by scientists and health educators in universities, government, industry, and professional organizations.

# Milk Alternatives

## All "Milks" Are Not Created Equal

Choices are great, but they can be overwhelming. This at-a-glance chart can help you understand what's in your 8-ounce glass of milk.



<sup>1</sup> Cow's Milk levels are per the USDA National Nutrition Database (NDB No. 01083 SR-27) available at: <http://nndb.ndsc.usda.gov/>

<sup>2</sup> Silk Original Soy Milk, Original Almond Milk, and Original Coconut Milk. Nutritional information per Silk® website [www.silk.com](http://www.silk.com)

<sup>3</sup> Rice Dream Enriched Refrigerated Original. Nutritional information per Rice Dream® website [www.ricedream.com](http://www.ricedream.com)

<sup>4</sup> Based on gallon volume equivalents per (R)DNI Custom Database Data for 2014 (Jan-Dec) - National Average (Cow's milk based on conventional white milk)

\*The percent Daily Value (DV) provides nutrient information based on a caloric intake of 2,000 calories for adults and children four or more years of age

\*\*Nutrient information not listed here can be found on the product website

\*\*\*Nutrient not listed on product website



## Nutrition Information for Common Dairy Products

Serving Size	Calories Per Serving	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Sugar (g)	Protein (g)	Calcium (% Daily Value)
Butter	100	11	7	30	90	0	0	0
Trans-Fat-Free Margarine	60	6	2		90		0	0
Heavy Cream	50	5	4	20	5	1	0	0
Half and Half	40	3	2	15	30	1	1	4
Fat-Free Half and Half	20	0	0	5	25	2	1	4
Whole Milk	150	8	5	35	125	12	8	30
2% Milk	130	5	3	20	125	12	8	30
1% Milk	110	3	2	15	130	12	8	30
Skim Milk	90	0	0	5	130	12	8	30
Full-Fat Plain Yogurt	150	8	5	20	115	11	8	30
Nonfat Plain Yogurt	100	0	0	5	150	15	11	40
Nonfat Vanilla Yogurt	190	0	0	5	180	34	12	45
Full-Fat Greek Yogurt	260	18	11	90	110	9	20	30
2% Greek Yogurt	150	4	3	10	65	8	20	20
Nonfat Greek Yogurt	130	0	0	15	90	6	23	25
2% Fat Fruit-on-the-Bottom Greek Yogurt	140	3	2	5	40	16	12	10
Nonfat Fruit-on-the-Bottom Greek Yogurt	140	0	0	0	70	21	14	15
Full-Fat Cottage Cheese	100	5	3	15	400	4	13	10
2% Fat Cottage Cheese	90	3	2	15	340	5	10	15
1% Fat Cottage Cheese	80	1	1	10	410	4	13	10
Nonfat Cottage Cheese	80	0	0	10	420	5	14	10
Full-Fat Ricotta Cheese	120	9	5	30	55	2	7	20
Part-Skim Ricotta Cheese	100	7	4	25	60	3	7	25
Cheddar Cheese	110	10	6	30	180	0	7	20
Reduced-Fat Cheddar Cheese	70	5	3	15	170	0	8	20
Whole Milk Mozzarella Cheese	90	7	5	20	150	6	6	15
Part-Skim Mozzarella Cheese	90	6	4	15	190	0	8	20
Swiss Cheese	100	8	5	25	60	0	8	25
Triple Cream Brie	130	12	8	35	170	0	4	10
Brie	100	9	4	20	120	0	4	10
Feta	70	5	4	20	260	0	5	10
Goat Cheese	70	5	4	20	40	1	5	4
Blue Cheese	115	9	6	30	220	7	7	8
American Cheese	100	9	5	25	400	2	5	20
2% Milk American Cheese	90	6	4	20	370	1	6	20

## Crock Pot Mac and Cheese- serves 10-12

16 oz. uncooked macaroni noodles  
1 ½ cup milk  
1 teaspoon pepper  
½ cup melted butter

1 can evaporated milk  
1 teaspoon salt  
3 cups sharp cheddar cheese

Stir all together, put in crock pot on high for about 2- 2 ½ hours.

**Nutrition Facts:** 12 servings, Calories 350, Total Fat 17 g, (Sat. Fat 6 g, Trans Fat 1.5 g) Cholesterol 30 mg, Sodium 480 mg., Carbs. 34 g., Dietary Fiber 1 g. Sugars 5 g. Protein 14g.

## Creamy Tomato Soup

2 teaspoons olive oil  
2 garlic cloves, minced  
2 medium leeks, finely chopped, white part only  
56 ounces canned diced tomatoes

1 teaspoon dried oregano  
¼ cup fresh basil, finely chopped  
12 ounces evaporated milk  
Salt and Pepper

### Directions

Heat oil in large saucepan over medium heat. Add leeks and garlic, cook until soft, about 2 minutes. Add oregano, cook 1 minute. Add tomatoes and bring to a simmer; partially cover pan and simmer 5 minutes. Puree soup in pan using immersion blender, or (working in batches) transfer tomato mixture to a blender and puree until smooth - be careful not to splatter hot liquid. Return pureed tomato mixture to pan. Set pan over low heat and add milk. Simmer 1 minute to heat through. Remove pan from heat and stir in basil. Season to taste with salt and pepper.

**Nutrition Facts** Serving Size: 1 (266 g) Servings Per Recipe: 8 - Calories 134

Calories from Fat 42, Total Fat 4.8 g Saturated Fat 2.2 g , Cholesterol 12.3 mg, Sodium 480.4 mg, Total Carbohydrate 20.3 g , Dietary Fiber 3.3 g, Sugars 8.3 g , Protein 4.9 g

## Fresh Vegetable Dip

2 Tablespoons fresh minced onion  
2 Tablespoons Schillings Salad Supreme  
Dash of garlic salt  
½ teaspoon paprika  
½ teaspoon salt  
1 teaspoon Worcestershire Sauce

1 teaspoon lemon juice  
1 Tablespoon parsley flakes  
1 cup sour cream  
\* ( substitute 1 cup yogurt + 1 package gelatin )  
2 cups mayonnaise

Mix all ingredients together.

**Nutritional Facts:** 24 servings. Calories 90, Total Fat 7 g. (Sat. Fat 1.5g), Cholesterol 10mg., Sodium 200 mg., Total Carbs 5 g. Sugars 2 g., Protein 1g. *Recipe from Ann Detwiler, MFV*

## Co-Jack Cheese Crisps

Non-stick cooking spray  
1 package (8 ounces) finely shredded Colby-Monterey Jack cheese

Preheat oven to 350° F. Lightly coat rimmed baking sheet with non-stick cooking spray. Place 2 teaspoons Colby-Monterey Jack cheese mounds 2 inches apart on baking sheet. Press mounds gently with fingers to flatten. Bake until mounds are thin, bubbly and golden, no more than 6 to 8 minutes\*. Immediately transfer crisps to paper towels with a metal spatula. Serve when crisps have cooled completely.

\*Baking too long will make crisps too hard and not easily removed from the baking sheet.

**Tip:** May be baked one day ahead and crisped before serving in oven at warm setting, for 4 to 5 minutes.

Yield: Make 10 (4 crisps/serving) servings Total Time: 30 mins

**Nutritional Facts** Per Serving: Calories 140, Total Fat 7g, Cholesterol 10mg, Sodium 330mg Carbohydrates 13g, Dietary Fiber 2g, Protein 7g (3.8g from dairy), Calcium 15% Daily Value

## **Marinated Cheese** Total Time: 3 hours 15 mins

### Ingredients

8 ounces block Cheddar Cheese	2 tablespoons chopped onion
8 ounces block Mozzarella Cheese	1 large clove garlic, chopped
1/2 cup olive oil	3/4 tsp. dried basil ( 2 Tbsp. fresh)
1/2 cup white wine vinegar	1/4 teaspoon salt
3 tablespoons chopped fresh parsley	1/4 teaspoon pepper
1/2 cup roasted red pepper, drained and chopped	

### Directions

Cut cheese into slices, approximately 20 slices per 8 ounce block. Arrange slices in a flat 9 x 13 dish with sides touching. Mix remaining ingredients in a 2 cup measuring cup and pour over cheese slices. Cover and refrigerate 2 to 3 hours or overnight. Drain off marinade from the cheese slices, leaving the red and green bits on cheese. Arrange the cheese on a serving plate with whole grain crackers or baguette slices. The leftover marinade (approximately 1/2 cup) may be used later on salads.

Yield: Make 10 servings

**Nutritional Facts** Per Serving, Calories 230, Total Fat 20g, Saturated Fat 9g, Cholesterol 40mg Sodium 410mg, Carbohydrates 2g, Dietary Fiber 1g, Protein 11g, Calcium 35% Daily Value

## **Grape Salad**

### Ingredients

4 pounds seedless green or red grapes	1 teaspoon vanilla extract
1 (8 ounce) package cream cheese	4 ounces chopped pecans
1 (8 ounce) container sour cream	2 tablespoons brown sugar
1/2 cup white sugar	

Directions . Wash and dry grapes. In a large bowl, mix together the cream cheese, sour cream, sugar and vanilla. Add grapes and mix until evenly incorporated. Sprinkle with brown sugar and pecans, mix again and refrigerate until serving.

**Nutrition Facts:** Amount per serving (8 one cup serving) Calories: 479, Fat: 27.1 g., Carbs: 60.1g, Protein:5.8 g., Cholesterol: 43 mg., Sodium:103 mg

## **Yogurt & Banana Spice Muffins**

1 (18.25 ounces) box spice cake mix  
1 cup low-fat vanilla yogurt  
2 large eggs  
2 ripe large bananas, mashed with fork  
1/2 cup low-fat milk  
1 cup chopped walnuts (may substitute pecans)  
Cooking spray  
3 tablespoons + 1 teaspoon powdered sugar, optional

### Directions

Preheat oven to 350 degrees. In a large bowl, mix together cake mix, yogurt, eggs, bananas and milk until just combined. Fold in walnuts. Using 1/4 cup measuring cup, pour into muffin tins coated with cooking spray. Bake for about 25 minutes or until center of muffin tests clean with toothpick.

Let cool for 5 minutes in pan on wire rack. Remove muffins from pan, cool completely. If desired, sprinkle 1/2 teaspoon of powdered sugar over each muffin before serving.

Yield: Make 20 servings, Total Time: 40 mins

**Nutritional Facts** Per Serving Calories 200, Total Fat 9g, Saturated Fat 2g, Cholesterol 22mg Sodium 176mg, Carbohydrates 27g, Dietary Fiber 1g, Protein 4g, Calcium 4% Daily Value

## Fruit & Pasta Toss

8 ounces whole wheat spiral pasta, uncooked  
1½ cups cubed pineapple (about ½ of pineapple)  
1¼ cups strawberries, sliced  
1 cup halved seedless grapes

1½ cups cubed cantaloupe  
(about ½ of cantaloupe)  
1½ cups (12 oz.) low-fat vanilla yogurt

### Directions

Cook pasta according to package instructions, drain and cool in refrigerator for 10 minutes. While pasta is cooking, prepare fruit and place in large serving bowl. Once pasta has cooled, add to bowl. Gently mix yogurt into pasta mixture. Chill for 30 minutes in refrigerator before serving.

Yield: Make 4 servings Total Time: 1 hour

**Nutritional Facts** Per Serving Calories 370, Total Fat 2g, Cholesterol 5mg, Sodium 77mg, Carbohydrates 80g, Dietary Fiber 3g, Protein 14g, Calcium 21% Daily Value

## Baked Zucchini Ziti

8 ounces ziti, uncooked  
1 ½ teaspoons Italian seasoning  
1 cup part-skim Ricotta cheese  
½ cup + 1 tablespoon grated Parmesan  
cheese, divided  
Salt and pepper

1 (28 ounce) can crushed tomatoes, low sodium  
1 cup grated zucchini (about 1 medium)  
1 cup shredded part-skim mozzarella divided  
1 egg, lightly beaten  
Cooking spray

Directions: Cook pasta according to package instructions, drain and set aside. Preheat oven to 400 degrees. In a medium bowl, combine tomatoes and Italian seasoning. In another bowl, mix together zucchini, ricotta, ½ cup mozzarella, ½ cup Parmesan and egg. Season with salt and pepper. Coat a 2-quart casserole with cooking spray and spread half of tomato sauce on bottom. Top with ziti, ricotta mixture and remaining sauce. Sprinkle with remaining ½ cup mozzarella and 1 tablespoon Parmesan. Bake until top is brown and sauce is bubbling, 35 to 40 minutes.

Yield: Make 6 servings Total Time: 55 mins

**Nutritional Facts** Per Serving Calories 334, Total Fat 10g, Cholesterol 67mg, Sodium 391mg, Carbohydrates 42g, Dietary Fiber 4g, Protein 21g, Calcium 41% Daily Value

*Recipe by: Rebecca Murphy, Schwinn Farms, Inc. – Kansas*

## Tropical Garden Spread

### Ingredients

2 (8 ounce) packages, less fat cream cheese, softened  
1 (1.4 ounce) package vegetable soup mix  
1 (8 ounce) can crushed pineapple in juice, drained  
¾ cup shredded Cheddar cheese  
½ cup chopped green pepper  
½ cup chopped red pepper  
½ cup chopped honey roasted peanuts, no salt added  
1 teaspoon Worcestershire sauce

### Directions

In a medium bowl, whip the cream cheese with a mixer until smooth. With a wooden spoon, mix in the rest of the ingredients. Refrigerate for 24 hours for flavors to blend. Serve with your favorite crackers or vegetables.

Yield: Make 30 servings Total Time: 24 hours 15 mins

**Nutritional Facts** Per Serving Calories 140, Total Fat 7g., Cholesterol 10mg., Sodium 330mg, Carbohydrates 13g., Dietary Fiber 2g., Protein 7g (3.8g from dairy)., Calcium 15% Daily Value

*Recipe by: Annette Kriener of AJP Kriener Farms, Fort Atkinson, Iowa*

## Cranberry Orange Butter

Brighten up breakfast by serving this flavorful spread at home or giving as a gift to your foodie friends.

### Ingredients

1 stick (8 tablespoons) unsalted butter softened  
4 teaspoons orange marmalade  
teaspoon salt  
6 Tablespoons whole berry cranberry sauce  
2 teaspoons confectionerssugar

### Directions

Combine ingredients in a small food processor; process until well blended. Spoon into an airtight container; store in refrigerator.

Recipe Variations: Cranberry Orange Butter is a sweet and flavorful spread for breakfast or tea. Give as a gift in an airtight decorative container with lid along with bagels or freshly baked bread.

**Yield:** Make 14 servings Total Time: 20 mins

**Nutritional Facts** Per Serving Calories 80, Total Fat 6g, Cholesterol 15mg, Sodium 200mg, Carbohydrates 4g, Dietary Fiber 0g, Protein 0g, Calcium 0% Daily Value

Recipe by: Midwest Dairy Association

## Mint Brownie Trifle

Layers of delicious pudding and chewy brownies make for a satisfying, mint-chocolatey treat.

### Ingredients

#### For brownies:

Non-stick cooking spray  
cup vanilla non-fat Greek-style yogurt  
14 crème de menthe chocolate layered mints,  
cut into small pieces  
1 package (19.5 oz) milk chocolate brownie mix  
¼ cup vegetable oil

#### For pudding:

1 package (3.3 ounces) white chocolate instant pudding mix  
2 cups fat-free milk

#### For topping:

3 ounces Neufchâtel cream cheese  
4 teaspoons confectionerssugar  
cup vanilla non-fat Greek-style yogurt

For mint curl decoration: 6 crème de menthe chocolate layered mints

### Directions

**For brownies**, preheat oven to 350°F. Grease bottom of a 9 x 13-inch baking pan with non-stick cooking spray. In a medium bowl, combine brownie mix, eggs, yogurt, and vegetable oil. Stir with a spoon until well blended. Stir in mint pieces. Pour batter into prepared pan. Bake 22 to 28 minutes or until a toothpick inserted in center of brownies has moist crumbs attached. Allow brownies to cool completely. Cut into small pieces.

**For pudding**, combine pudding mix and milk in a medium bowl. Mix according to package directions.

**For topping**, combine cream cheese, yogurt and confectionerssugar in a small bowl. Beat with electric mixer until well blended.

**For mint curl** decoration, use a vegetable peeler to make small curls by shaving down the long edge of the mint.

Layer the pudding and brownies in a 3-quart trifle bowl in two layers. Spoon the topping over the top layer. Decorate with mint curls.

**Yield:** Make 20 servings Total Time: 1 hour 3 mins

**Nutritional Facts** Per Serving, Serving size 78g, Calories 190, Total Fat 6g, Saturated Fat 1g, Cholesterol 25mg, Sodium 105mg, Carbohydrates 30g, Dietary Fiber 0g, Protein 4g, Calcium 6% Daily Value

Recipe by: Midwest Dairy Association

### Choco-Banana Power Smoothie

Put some power into your day with this chocolate banana smoothie blended with a scoop of whey protein powder.

#### Ingredients

1 cup fat-free milk  
1 scoop whey protein powder, chocolate-flavor  
1 small banana, fresh or frozen  
Crushed ice (optional)

#### Directions

Combine in a blender until smooth.

Variations: For extra protein and flavor, add 1 tablespoon peanut butter (add 95 calories, 8 g fat, 4 g protein)

**Nutritional Facts:** Calories 140, Total Fat 7g, Cholesterol 10mg, Sodium 330mg, Carbohydrates 13g, Dietary Fiber 2g, Protein 7g (3.8g from dairy), Calcium 15% Daily Value

Recipe by: Midwest Dairy Association

### Tropical Delight Smoothie

10 strawberries, leaves removed  
1 medium banana, cut into chunks  
8-10 ice cubes  
1 tablespoon low-fat lemon yogurt  
1 cup blueberries  
2 cups low-fat plain yogurt  
½ cup of low-fat milk

#### Directions

Clean and cut fruit. Place strawberries, blueberries and banana in blender. Add in plain yogurt, ice cubes, milk and then lemon yogurt; blend until smooth and creamy. Pour into glasses.

Yield: Make 5 servings Total Time: 10 mins

**Nutritional Facts** Per Serving Calories 140, Total Fat 7g, Cholesterol 10mg, Sodium 330mg, Carbohydrates 13g, Dietary Fiber 2g, Protein 7g (3.8g from dairy), Calcium 15% Daily Value

Recipe from Mid-American Dairy Association

### Strawberry Frozen Yogurt Squares

#### Ingredients

1 can (14 ounces) fat-free sweetened condensed milk, divided  
Non-stick cooking spray  
1 cup Post Grape-Nuts or similar cereal  
½ teaspoon ground cinnamon  
Pinch ground cloves  
1 package (10 ounces) frozen strawberries (about 2½ cups)  
3 cups fat-free strawberry yogurt

#### Directions

Measure 1 cup of sweetened condensed milk; set aside. Line 8x8-inch baking pan with foil; spray with non-stick cooking spray. In medium bowl, combine cereal, cinnamon, cloves and remainder of sweetened condensed milk. Spread cereal mixture evenly on bottom of pan, place in freezer. Place strawberries and yogurt in a blender; cover and blend. Add 1 cup sweetened condensed milk; blend until smooth. Pour mixture over cereal, smoothing to edges of pan. Cover with foil (or plastic wrap) and freeze 8 hours or until firm.

Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares and serve.

Yield: Make 9 servings Total Time: 15 mins

**Nutritional Facts** Per Serving Calories 200. Total Fat 0g, Cholesterol 5mg, Sodium 150mg, Carbohydrates 42g, Dietary Fiber 2g, Protein 7g, Calcium 20% Daily Value

## White Mountain Vanilla Ice Cream

4 cups milk  
2 ¼ cups sugar  
¾ teaspoon salt

4 cups half and half  
4 cups whipping cream  
2 Tablespoons vanilla.

Scald milk until bubbles form around the edge of pan. Remove from heat. Add sugar and salt. Stir until dissolved. Stir in half and half, whipping cream and vanilla. Cover and refrigerate at least 30 minutes, until cool. Freeze in electric or hand cranked ice cream.

**Nutrition Facts** 24 servings. Calories 290, Total Fat 21g., (Sat Fat 13 g., Trans Fat .5g.) Cholesterol 75 mg., Sodium 120 mg., Total Carbs. 24 g., Sugar 21 g., Protein 3 g.

*Recipe submitted by Gayle Plummer, MFV*

## Blueberry Yogurt Pops

2 cups plain 2% Greek yogurt  
1 1/2 cups fresh blueberries

1/3 cup honey  
2 teaspoons lemon juice

1. Blend all ingredients in a blender until smooth.
2. Pour into 8 (3 ounce) ice pop molds, dividing evenly, cover, insert sticks, and freeze until solid, at least 4 hours, and up to 2 weeks.
3. If you do not have ice pop molds, fill 8 3 ounce paper cups, dividing evenly. Cover each with a square of aluminum foil into which you have cut a slit for inserting sticks. Freeze as above.

**Nutrition Facts:** Makes 8 pops: 99 calories, 1.2 grams fat, 5.9 grams protein, 17.7 grams carbohydrates, 20 mg. sodium. *Recipe From : Allrecipes Magazine, June/July/ 2017*

## Overnight Banana Oatmeal

1 pkg. (3.4 oz.) Jello Simply Good Banana Pudding  
2 1/2 cups cold milk  
1 cup old fashioned or quick-cooking oats  
1 cup plain yogurt  
1 banana, sliced  
1/2 cup sliced almonds, divided

1. Beat pudding mix and milk in airtight medium sized bowl with lid for 2 minutes.
  2. Stir in oats, yogurt and banana; cover and refrigerate overnight.
- Stir in 1/2 of sliced almonds. Sprinkle each serving with remaining almonds.

Note: The oatmeal mixture can be refrigerated up to 3 days before stirring in half the almonds.

**Nutrition Facts:** 4 servings. Calories 350, Total Fat 8 g. ( Sat Fat .5g.), Cholesterol 5 mg., Sodium 500 mg., Total Carbs. 59g.(Dietary fiber 4g, Sugars 36g.) Protein 15g.

*Recipe is from : Kraft Food & Family/ spring 2017*

**Vanilla Cream Fruit Tart**      Prep: 25 min. Bake: 25 min.+ chilling

3/4 cup butter, softened  
1/2 cup confectioners sugar  
1 1/2 cups all-purpose flour  
1 pkg (10 to 12 oz) white baking chips, melted and cooled  
1/4 cup heavy whipping cream  
1 pkg (8 oz) cream cheese, softened  
1/2 cup pineapple juice  
1/4 cup granulated sugar  
1 Tablespoon cornstarch  
1/2 to 2 cups fresh strawberries, sliced  
1 cup fresh blueberries  
1 cup fresh raspberries

Preheat oven to 300 deg. Cream butter and confectioners sugar until light and fluffy.  
Beat in flour (mixture will be crumbly). Pat onto a greased 12-inch pizza pan. Bake until lightly browned, 25-28 minutes. Cool.  
Beat melted chips and cream until smooth. Beat in cream cheese until smooth. Spread over crust. Refrigerate 30 min.  
Meanwhile, in a small saucepan, combine pineapple juice, granulated sugar, cornstarch and lemon juice. Bring to a boil over medium heat; cook and stir until thickened, about 2 min. Cool  
Arrange berries over cream cheese layer; brush with pineapple mixture. Refrigerate 1 hour before serving.  
Nutrition Facts: 12 Servings. Per serving: 433 cal., 28 g fat (17 g sat. fat), 60 mg chol., 174 mg sod., 43 g carb. (28 g sugars, 2 g fiber) 5 g protein.

**Garden Vegetable Corn Bread**      Prep: 20 Min. Bake 20 min.

1 cup yellow cornmeal  
3/4 cup whole wheat flour  
2 1/2 teaspoons baking powder  
2 teaspoons minced fresh chives  
3/4 teaspoon salt  
2 large eggs  
1 cup 2% milk  
2 Tablespoons honey  
3/4 cup shredded carrots (about 1 1/2 large carrots)  
1/4 cup finely chopped fresh poblano pepper, seeded

Preheat oven to 400 deg. Whisk together the first five ingredients. In another bowl, whisk eggs, milk and honey until blended.  
Add to cornmeal mixture; stir just until moistened. Fold in carrots and peppers.  
Transfer to a greased 8-inch square baking pan. Bake until a toothpick inserted in center comes out clean, 20-25 minutes. Serve warm.  
Nutrition Facts: 9 servings. Per serving: 149 cal., 2g fat (1g sat. fat 0),j 44mg chol., 367mg sod., 28g carb. (6g sugars, 2g fiber), 5 g protein Diabetic exc. 2 starch