

Make it with DAIRY!

HEALTHY CHOICES FOR FEEDING YOUR FAMILY



Dairy foods are a safe, wholesome, and delicious source of nutrients. They can help give you and your family the nutrition you need to keep your bodies going strong.

Milk, cheese, and yogurt contain high quality protein, calcium, vitamin D and more; making dairy foods an important part of overall health.

Try these family-friendly delicious recipes to get 3 servings of dairy every day!



BERRYLICIOUS OVERNIGHT OATS

Makes 1 serving

Ingredients

- ¼ cup low-fat strawberry yogurt
- ¼ cup low-fat or fat-free milk
- ½ cup frozen, unsweetened berries
- ½ cup quick-cooking oats

Directions

Combine all ingredients in a cup or a jar. Stir to mix thoroughly. Cover and refrigerate several hours or overnight.

Top each cup with 1oz. of vanilla yogurt and 1 Tbsp. berries.

240 Calories, 2.5 g fat, 9.65 g protein, 20% Calcium DV



RISE & SUNSHINE SMOOTHIE

Makes 2 servings

Ingredients

- 5 ice cubes
- 1 cup orange juice
- ¾ cup low-fat milk
- 1 tsp. honey

Directions

Put ice cubes in blender and crush. Add orange juice, milk, yogurt and honey to blender. Puree until the mixture is smooth. Pour into tall glasses, add straws and sip away.

160 Calories, 2 g fat, 7 g protein, 25% Calcium DV



APPLE QUESADILLAS

Makes 1 serving

Ingredients

- 1 flour tortilla
- 1 small apple, thinly sliced
- ½ cup shredded Cheddar cheese

Directions

Lay tortilla in a pan and top with shredded Cheddar, then apple slices. Fold tortilla in half and cook until golden brown on both sides. Slice into 4 triangles and serve.

230 Calories, 15 g fat, 15 g protein, 31% Calcium DV



VEGETABLE PIZZA

Makes 16 servings

Ingredients

- 2 (8-oz) packages of refrigerated crescent rolls
- 1 cup non-fat plain Greek yogurt
- 1 (8-oz) package cream cheese (softened)
- 1 tsp. dried dill weed
- ¼ tsp. garlic powder
- 1 (8-oz) package ranch seasoning mix
- ¾ cup cherry tomatoes, halved
- ½ cup fresh broccoli, chopped
- ½ cup fresh cauliflower, chopped
- ¼ cup carrot, chopped
- 1 yellow bell pepper, chopped
- 1 cup shredded Cheddar cheese

Directions

Preheat oven to 350° F. Spray cookie sheet or jellyroll pan with non-stick cooking spray. Pat crescent roll dough into the pan and pierce with fork. Bake for 10 minutes, cool completely.

In a medium sized mixing bowl, combine Greek yogurt, cream cheese, dill weed, garlic powder, and ranch seasoning mix. Spread this mixture on top of the cooled crust. Arrange vegetables on top. Sprinkle grated Cheddar cheese on top.

Cover and chill. Once chilled, cut into squares and serve.

196 Calories, 12 g fat, 6 g protein, 6% Calcium DV



EASY CHEESY CHICKEN ENCHILADAS WITH YOGURT SAUCE

Makes 8 servings

Ingredients

Enchiladas:

- 8 oz. package cream cheese
- 2 cups chopped, cooked chicken breast
- 12 oz. chunky salsa
- 1 cup Mexican-blend cheese, shredded
- 8 (6-inch) flour tortillas

Yogurt sauce:

- 2 cups low-fat plain yogurt
- 1 cup chopped cilantro
- 1 tsp. ground cumin

Directions

Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and ½ cup of the salsa; mix well. Add ½ cup shredded cheese; stir until melted.

Spoon about ⅓ cup of the chicken mixture onto each tortilla; roll up. Place seam side down in 12"x 8" baking dish. Top with remaining salsa and cheese.

Bake at 350° F for about 15 minutes, or until heated through. Serve with yogurt sauce.*

*Combine yogurt, cilantro and cumin. Chill until needed.

Calories: 290; Total Fat: 13g; Protein: 21g; Calcium: 25% DV

