

Cooking in Harmony

Dairy-centric recipes for maximum nutrition and delicious flavor – with utmost care for the planet

DairyMAX
YOUR Local Dairy Counc

PRODUCTION THAT'S ENVIRONMENTALLY FRIENDLY.

Producing one gallon of milk leaves a 19% smaller carbon footprint (and uses 30% less water and 21% less land) than it did in 2007. [1]

QUALITY ANIMAL CARE THAT'S A PASSION AND A PRIORITY.

Cows are the center of the dairy farm. Dairy farmers work 365 days a year making sure they have nutritious food, clean water, comfortable bedding and regular veterinary care.



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This book is dedicated to the generations of hardworking dairy farm families. Thank you for your tireless efforts that allow us to enjoy our favorite dairy foods.

On behalf of the 900 dairy farm families in Dairy MAX's eight-state region, I'd like to be the first to thank you for picking up this cookbook. It's been a labor of love fueled by the passion and commitment of our dairy farmers.

The theme of this cookbook, "**Cooking in Harmony**," is meant to showcase balance – and the melody that unfolds when there is a variety of nutritious and delicious foods in your diet, stability in your budget, time in your day for the people who matter most and stewardship of the planet that sustains us all.

NUTRITION: The recipes in this book feature dairy in new and unique ways. Many of them were created by registered dietitian nutritionist Cindy Kleckner with a focus on health (including all five food groups), affordability and ease, with time-saving tips and simple swaps that prove cooking doesn't have to be intimidating or expensive.



FLAVOR: At the end of the day, food should not only be nutritious but also delicious! My family enjoys these recipes, and we have no doubt that yours will, too.

SUSTAINABILITY: As dairy farmers, my family and I, along with the entire U.S. dairy community, believe in a world full of responsibly produced, nutritious dairy foods that nourish people, strengthen communities and foster a sustainable future. You'll find examples of that commitment sprinkled throughout this book.

As you prepare these #DairyAmazing recipes for your family and friends, you can feel good knowing that your local dairy farm families put just as much care into producing the nutritious ingredients in a safe and sustainable way.

From our families to yours, cheers!

Tara M. Vander Dussen

Tara Vander Dussen
Dairy Farmer, Environmental Scientist and Blogger
New Mexico Milkmaid



A TRUE SUPERFOOD.
Milk is a good source of nine essential nutrients – including three Americans are lacking. A glass of milk or a bowl of yogurt makes a huge nutritional difference for a hungry child.

Weekend Breakfasts & Brunches





Swiss Muesli Overnight Oats

YIELD: 2 servings

PREP TIME: 10-15 minutes plus overnight

COOK TIME: 0 minutes

INGREDIENTS:

MUESLI

2 cups old-fashioned oats

¾ cup wheat germ or wheat bran

½ cup dried cherries or combination of your favorite dried fruit

¼ cup chopped walnuts

¼ cup slivered almonds

¼ cup toasted pumpkin seeds

OVERNIGHT OATS

1 cup muesli (homemade or store bought)

2 (6-ounce) cartons vanilla Greek yogurt, divided

½ apple with peel, shredded

2 tablespoons orange juice

Fresh or frozen fruit, such as mixed berries or sliced bananas



PREPARATION:

1. To make muesli, combine oats, wheat germ or bran, dried fruit, walnuts, almonds and pumpkin seeds. This will make about 3 cups of muesli. Store leftover muesli in a tightly sealed bag or container.
2. To make the overnight oats, combine 1 cup of the muesli mixture with 2 cartons of yogurt, shredded apple and orange juice in two small bowls or mason jars. Mix well and refrigerate overnight.
3. When ready to serve, top each with a dollop of yogurt and fresh or frozen fruit.

SIMPLE SWAPS:

Try it with pecans, raisins, cranberries, dried apricots or dried blueberries; add 2 tablespoons unsweetened coconut; substitute plain or your favorite flavored Greek yogurt.

TIPS:

- The dry muesli can be stored up to 2 months in an airtight container.
- Buy nuts and grains in bulk to reduce cost and food waste.
- For a delicious warm version, cook the muesli like regular oatmeal: ½ cup oat mixture and ½ cup milk in a microwave safe bowl. Microwave on high for 2 minutes. Stir and add favorite toppings!
- To turn the entire batch of muesli into overnight oats, combine the dry ingredients with 2 (32-ounce) containers of plain or vanilla Greek yogurt and refrigerate overnight.

NUTRITION FACTS (1 serving)

Calories:	**387**
Protein:	24 g
Carbohydrate:	50 g
Fiber:	6 g
Total Fat:	11 g
Saturated Fat:	0 g
Cholesterol:	11 mg
Calcium:	24% DV
Sodium:	139 mg



Rise & Shine Veggie Breakfast Skillet

YIELD: 5 servings

PREP TIME: 20 minutes

COOK TIME: 30 minutes

INGREDIENTS:

2 tablespoons butter

1 ½-2 tablespoons canola oil

2 large russet potatoes, peeled and cut into ½-inch cubes

1 large sweet potato, peeled and cut into ½-inch cubes

¼ cup chopped onion

¼ cup chopped green bell pepper

¼ cup chopped mushrooms

Salt and freshly ground black pepper, to taste

5 large eggs

1 cup shredded Mexi-cheese blend

PREPARATION:

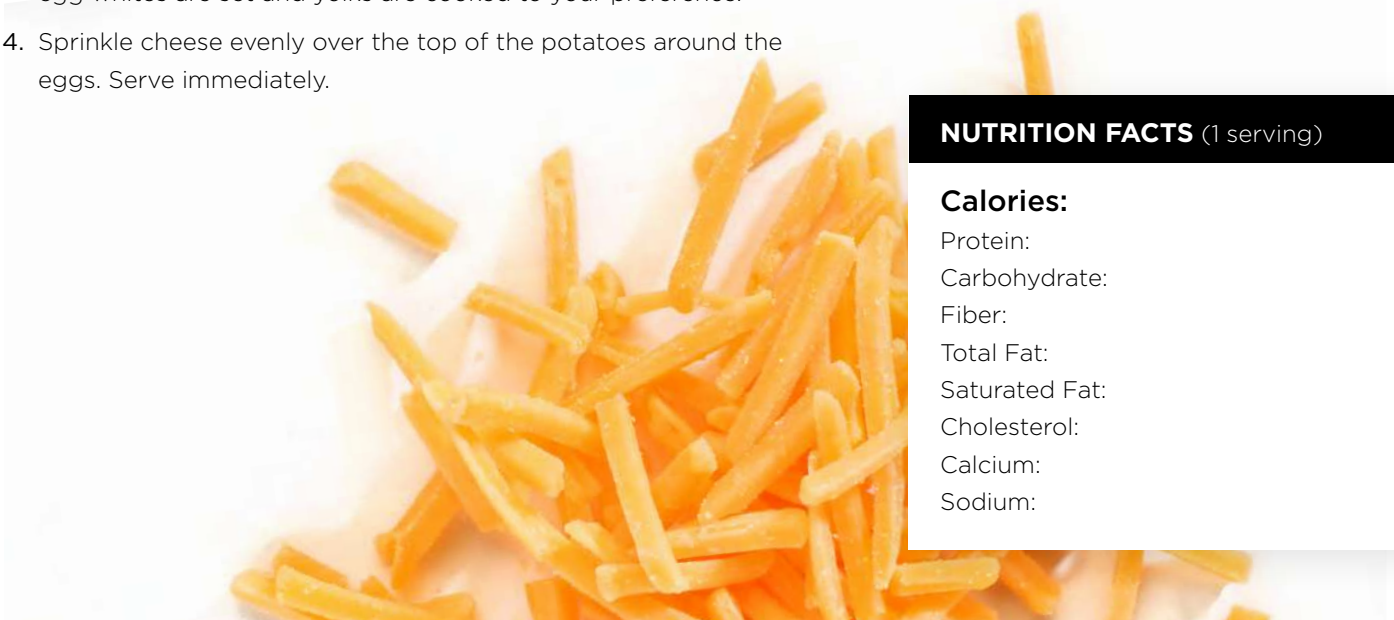
1. Heat a 10- to 12-inch nonstick skillet over medium heat, add butter and oil. When heated, add white and sweet potatoes and saute, stirring every few minutes, until the potatoes start to brown, about 15 minutes.
2. Stir in onions, bell pepper and mushrooms and cook uncovered until onions are translucent, about 5 minutes. Season with salt and pepper.
3. With a spoon, make five wells in the potato mixture. Crack one egg into each well. Cover and cook on low 10-12 minutes or until egg whites are set and yolks are cooked to your preference.
4. Sprinkle cheese evenly over the top of the potatoes around the eggs. Serve immediately.

TIPS:

- To speed up the time it takes to cook the potatoes, cover the skillet and stir the potatoes often. Use foil if you don't have a lid. Potatoes will be golden crispy on the outside and soft on the inside.
- If you use russet potatoes, you can parboil (boil to partially cook) the diced potatoes for approximately 5 minutes to start the cooking process and decrease the total time the potatoes need to be in the skillet. Drain the parboiled potatoes before placing them in the skillet with the oil/butter.

SIMPLE SWAPS:

This dish is totally customizable. Don't like mushrooms? Leave them out! Want to make it spicy? Add fresh jalapenos! Satisfy the meat lover with leftover meat or lean ham.



NUTRITION FACTS (1 serving)

Calories:	**297**
Protein:	14 g
Carbohydrate:	18 g
Fiber:	2 g
Total Fat:	20 g
Saturated Fat:	9 g
Cholesterol:	217 mg
Calcium:	30% DV
Sodium:	230 mg



Morning Farmhouse Pizza Toast

YIELD: 2 servings

PREP TIME: 5 minutes

COOK TIME: 8-10 minutes

INGREDIENTS:



½ tablespoon oil (canola or other vegetable oil)
¼ cup chopped broccoli florets
1 green onion, chopped
2 tablespoons diced red bell pepper
2 large eggs, beaten
Salt and freshly ground black pepper, to taste
1 whole-wheat English muffin, split in half
¼ cup shredded pepper jack cheese
(or 2 slices pepper jack cheese)
2 tablespoons favorite salsa
Salt and freshly ground black pepper, to taste

SIMPLE SWAPS:

- Perfect for leftovers – use whatever vegetables you have in your refrigerator!
- Or go Mediterranean with spinach, artichokes, olives and mozzarella cheese; south of the border with crumbled chorizo, beans and pepper jack cheese; or Hawaiian with a mix of chopped ham, mozzarella cheese and crushed pineapple.

PREPARATION:

1. Heat a small nonstick skillet over medium heat, add oil, broccoli, green onion and red pepper. Cook, stirring for 3 minutes or until vegetables are softened.
2. Stir eggs, salt and pepper into the vegetable mixture. Cook, stirring until egg is set, about 1-2 minutes.
3. Toast English muffin in the toaster. Spoon half of the egg mixture on top of each muffin half and top with cheese.
4. Preheat broiler. Place muffins on a baking sheet and place under the broiler for 1-2 minutes or until cheese is melted and bubbly. Or bake in preheated 350 F oven for 3-5 minutes until cheese is melted.
5. Serve with a drizzle of salsa on top. Season with salt and pepper, as desired.





NUTRITION FACTS (1 serving)

Calories:	**255**
Protein:	13 g
Carbohydrate:	16 g
Fiber:	1 g
Total Fat:	15 g
Saturated Fat:	6 g
Cholesterol:	205 mg
Calcium:	22% DV
Sodium:	331 mg



A Casserole Lover's Sunday Brunch

YIELD: 8 servings

PREP TIME: 15 minutes

COOK TIME: 2½-3½ hours

INGREDIENTS:

1 medium onion, diced
½ green bell pepper, diced
1 (9.6-ounce) package precooked turkey sausage links, sliced
1 cup canned black beans, rinsed and drained
1 (4-ounce) can diced green chiles
8 large eggs
¾ cup 2% reduced-fat milk
1 (1-ounce) package taco seasoning
½ cup shredded Mexi-cheese blend
½ cup 2% milkfat cottage cheese
1 (20-ounce) bag of refrigerated hash brown potatoes
Sour cream, optional
Salsa, optional
Cilantro, optional



TIPS:

- Using ½ the amount of hash browns reduces the cook time by 30-60 minutes.
- Use half the amount of the taco seasoning for less zip!

PREPARATION:

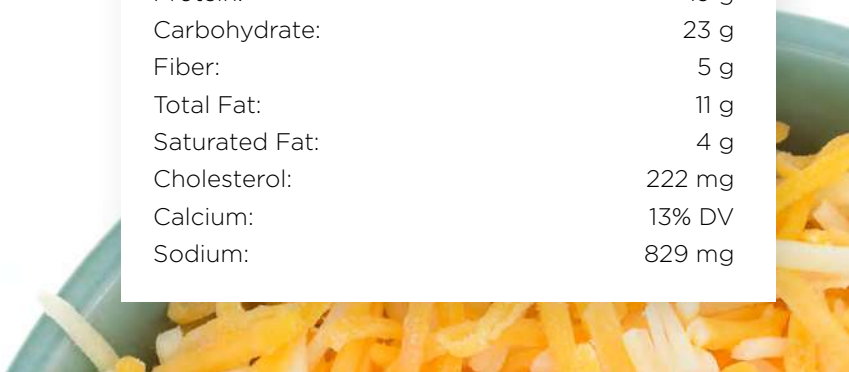
1. In a large skillet, saute onion and pepper, stirring frequently until cooked, about 10 minutes. Add the sausage, beans and green chiles. Stir and set aside.
2. In a large bowl, whisk the eggs. In a liquid measuring cup, mix milk and taco seasoning until seasoning is well dissolved, then pour it into the eggs. Stir in cheese and cottage cheese and mix well.
3. Spray the inside of a slow cooker generously with nonstick cooking spray. Layer the hash browns, then add the cooked sausage mixture. Pour egg mixture over the top. Cover and cook 3½ hours on high or until eggs are set. Due to differences in slow cookers, check after 2½ hours.
4. Serve with sour cream, salsa or cilantro, if desired.

SIMPLE SWAPS:

Substitute turkey bacon or your favorite breakfast meat for the sausage. Plain Greek yogurt can be substituted for the sour cream.

NUTRITION FACTS (1 serving)

Calories:	**270**
Protein:	19 g
Carbohydrate:	23 g
Fiber:	5 g
Total Fat:	11 g
Saturated Fat:	4 g
Cholesterol:	222 mg
Calcium:	13% DV
Sodium:	829 mg





Apple Cinnamon Oven-Puffed Pancake

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes



INGREDIENTS:

- 4 large eggs
- 1 cup whole milk
- ¾ cup all-purpose flour
- 2 teaspoons granulated sugar
- ½ teaspoon salt
- 3 tablespoons butter, divided
- 2 medium apples, cored and thinly sliced with skin
- 1 tablespoon brown sugar
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- Powdered sugar, optional

PREPARATION:

1. Preheat oven to 425 F.
2. Combine eggs, milk, flour, sugar and salt in a blender and pulse until just smooth.
3. Melt 2 tablespoons of butter in a 10- or 12-inch cast-iron skillet or large nonstick oven-safe skillet. Swirl skillet to coat the bottom and sides with the melted butter.
4. Pour the batter into the skillet and bake for 15 minutes or until it puffs very high and is golden brown.
5. While the pancake is in the oven, coat a large skillet with 1 tablespoon of butter and cook the apple slices until soft, about 5 minutes. Stir in the brown sugar, cinnamon and nutmeg and heat for another 2 minutes. Remove from heat and set aside.
6. Remove the pancake from the oven. It will deflate as it cools. Place fruit in the center of the pancake and dust with powdered sugar before serving.

TIPS:

If the batter has a chance to come to room temperature before cooking, it will puff better.

SIMPLE SWAPS:

For a simpler version of this high-protein pancake, skip the cooked apples and top with fresh berries, powdered sugar or maple syrup. For a savory version, add ⅛ teaspoon of thyme and oregano to the batter and sprinkle with Parmesan cheese, crispy prosciutto and baby greens.

NUTRITION FACTS (1 serving)

Calories:	**327**
Protein:	10 g
Carbohydrate:	36 g
Fiber:	3 g
Total Fat:	16 g
Saturated Fat:	8 g
Cholesterol:	217 mg
Calcium:	18% DV
Sodium:	393 mg



S'mores Oatmeal (Plus Oatmeal 3 More Ways)

YIELD: 2 servings

PREP TIME: 5 minutes

COOK TIME: 2 minutes

INGREDIENTS:

1 cup quick cooking oats
1 ¾ cups 1% low-fat milk
2 tablespoons mini dark chocolate chips
4 tablespoons mini marshmallows
1 large graham cracker, crushed

PREPARATION:

1. Combine oats and milk in a microwave safe bowl. Microwave on high 1 ½ to 2 minutes.
2. Stir well and divide cooked oatmeal between two serving bowls. Top each serving of hot oatmeal with equal amounts of chocolate chips, marshmallows and crushed graham crackers.

3 MORE WAYS:

NATURALLY SWEETENED

1 teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon vanilla extract
3 tablespoons raisins

PUMPKIN PIE

2 tablespoons canned 100% pure pumpkin
2 tablespoons toasted pecans
1 tablespoon brown sugar
Dusting of pumpkin pie spice

PEANUT BUTTER & JELLY

2 tablespoons peanut butter
2 tablespoons favorite fruit preserves or jelly



NUTRITION FACTS (1 serving)

(S'mores Oatmeal)

Calories:	**308**
Protein:	22 g
Carbohydrate:	49 g
Fiber:	5 g
Total Fat:	9 g
Saturated Fat:	4 g
Cholesterol:	9 mg
Calcium:	22% DV
Sodium:	109 mg



COWS TURN PLANTS INTO MILK.

Cows make this superfood by eating foods we can't – like grass, hay, almond shells and cottonseed hulls. About 80% of a cow's diet consists of foods that are not consumable by humans.[1]

Make Ahead & Packable Lunches





Always Classic Egg Salad Pita

YIELD: 4 servings

PREP TIME: 20 minutes

COOK TIME: 30 minutes

INGREDIENTS:

8 large eggs, hard boiled, chopped
⅓ cup plain Greek yogurt
½ - 1 tablespoon Dijon mustard
2 tablespoons dill pickle relish
1 celery stalk, chopped fine
1 small carrot, shredded, optional
Salt and freshly ground black pepper, to taste
2 tablespoons chopped fresh herbs (dill, chives or parsley), optional
4 romaine lettuce leaves
2 pita pockets, cut in half

PREPARATION:

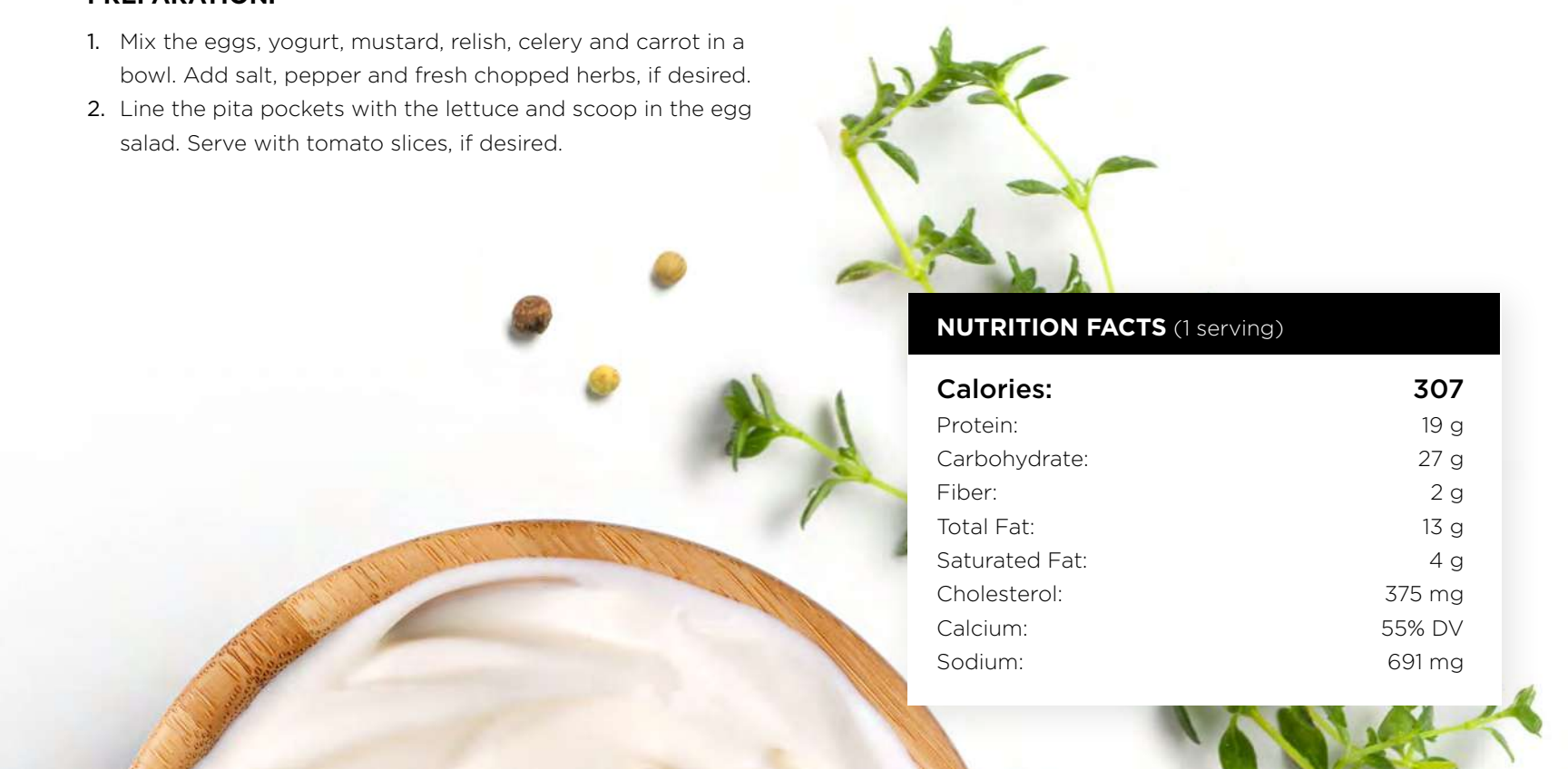
1. Mix the eggs, yogurt, mustard, relish, celery and carrot in a bowl. Add salt, pepper and fresh chopped herbs, if desired.
2. Line the pita pockets with the lettuce and scoop in the egg salad. Serve with tomato slices, if desired.

TIPS:

- To hard boil your eggs, preheat oven to 350 F. Put 1 egg in each of 12 muffin cups. Bake for 30 minutes, then transfer eggs into a bowl of ice water until completely cooled, about 10 minutes. They peel almost effortlessly.
- Refrigerate leftover egg salad for 3-5 days.

SIMPLE SWAPS:

Layer spinach leaves and egg salad between 2 slices of toasted whole-grain bread.



NUTRITION FACTS (1 serving)

Calories:	**307**
Protein:	19 g
Carbohydrate:	27 g
Fiber:	2 g
Total Fat:	13 g
Saturated Fat:	4 g
Cholesterol:	375 mg
Calcium:	55% DV
Sodium:	691 mg



Wild Rice Chicken Salad With Grapes

YIELD: 5 servings

PREP TIME: 20 minutes

COOK TIME: 30 minutes

INGREDIENTS:

1 (6-ounce) box seasoned long grain wild rice mix
½ cup plain Greek yogurt
2 tablespoons mayonnaise
½ cup milk
½ tablespoon lemon juice
¼ cup finely minced onion
2 cups shredded chicken pulled from 1 rotisserie chicken
¾ teaspoon tarragon
½ pound seedless red grapes, cut in half
Salt and freshly ground black pepper, to taste
Lettuce leaves or salad greens, optional



PREPARATION:

1. Cook rice according to package directions. Set aside to cool for 10-15 minutes.
2. While the rice is cooking, mix yogurt, mayonnaise, milk, lemon juice and onion in a bowl.
3. Fold in the chicken, tarragon, grapes, salt and pepper. Stir in cooled rice and refrigerate until completely chilled to allow flavors to blend, about 2 hours. Spoon salad onto individual plates lined with lettuce leaves or salad greens, if desired.



TIPS:

The addition of yogurt and milk adds a nutritional boost. The flavors are a symphony in your mouth!



NUTRITION FACTS (1 serving)

Calories:	**159**
Protein:	13 g
Carbohydrate:	18 g
Fiber:	1 g
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	34 mg
Calcium:	5% DV
Sodium:	273 mg



Mason Jar Chef Salad With Creamy Avocado Dressing

YIELD: 4 servings

PREP TIME: 25 minutes

COOK TIME: 0 minutes

INGREDIENTS:

4 quart-size, wide mouth mason jars

DRESSING

1 medium avocado, cut in half, peeled and pitted

1 cup plain Greek yogurt

⅓-½ cup chicken stock, depending on your preference for thickness

1 clove garlic

3 tablespoons Italian parsley

3 tablespoons cilantro

2 tablespoons lime juice

Salt, to taste

SALAD

1 quart cherry tomatoes, cut in half

2 large cucumbers, partially peeled and sliced

½ cup carrots, shredded or sliced

½ cup sliced red onion

4 hard-boiled eggs, chopped

4 slices colby jack cheese, cut into ½ -inch pieces

4 slices thinly sliced turkey, cut into ½ -inch pieces

4 slices thinly sliced ham, cut into ½ -inch pieces

4 cups chopped romaine lettuce

PREPARATION:

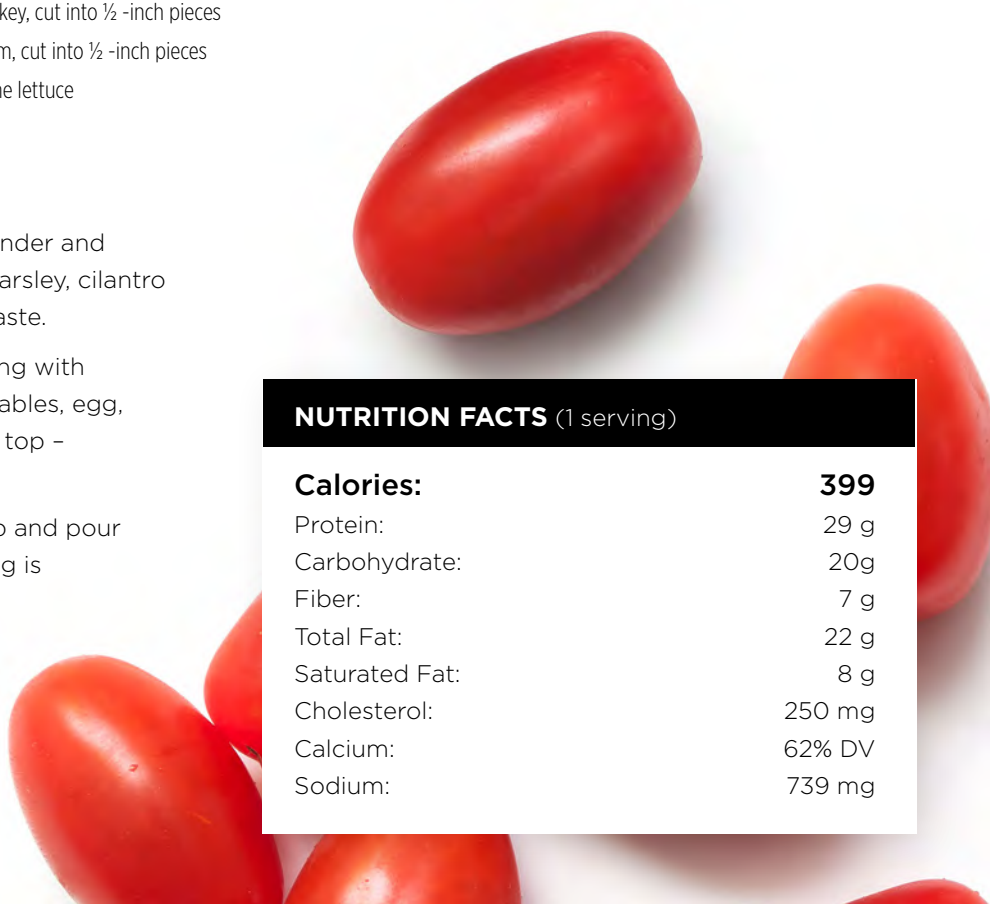
1. For the dressing, place avocado and yogurt in a blender and blend until smooth. Add the chicken stock, garlic, parsley, cilantro and lime juice and pulse until smooth. Add salt to taste.
2. Divide the ingredients among the mason jars, starting with 2 tablespoons of the dressing. Then layer the vegetables, egg, cheese, turkey and ham, ending with the lettuce on top – as much as you can squeeze into the jar.
3. When ready to serve, shake the jar, unscrew the cap and pour the contents into a bowl. Lightly toss so the dressing is well distributed.

TIPS:

- Salads can be refrigerated for up to 4 days.
- Any glass jar will work if it has a wide opening.

SIMPLE SWAPS:

Get creative with different salad combinations, like ranch-type dressing, tomatoes, leftover rotisserie chicken, chickpeas, cucumbers and romaine lettuce!



NUTRITION FACTS (1 serving)

Calories:	**399**
Protein:	29 g
Carbohydrate:	20g
Fiber:	7 g
Total Fat:	22 g
Saturated Fat:	8 g
Cholesterol:	250 mg
Calcium:	62% DV
Sodium:	739 mg



Garlic Crusted 4-Cheese Grilled Cheese

YIELD: 4 servings

PREP TIME: 5 minutes

COOK TIME: 5 minutes



INGREDIENTS:

2 teaspoons butter
1 small clove garlic, minced
4 slices whole-grain bread
2 slices mozzarella cheese
2 slices Monterey Jack cheese
2 slices sharp cheddar cheese
2 tablespoons shredded Parmesan cheese

PREPARATION:

1. Mix butter and garlic.
2. Spread butter/garlic blend over one side of four pieces of bread. On the unbuttered side of two pieces of bread, lay 1 slice of mozzarella and 1 slice of jack cheese. On the remaining two pieces of bread, lay 1 slice of cheddar and sprinkle with Parmesan cheese.
3. Preheat a large skillet over medium heat. Carefully transfer all four slices of bread onto the skillet butter-side down and grill on low heat until bread is golden brown and crunchy and the cheese is melted, 3-4 minutes.
4. Remove from the skillet and sandwich the two pieces of bread together to make two sandwiches. Cut each in half and serve warm.

TIPS:

If using shredded cheese, it's best to shred it yourself.
Pre-shredded cheese has a coating that prevents easy melting.

NUTRITION FACTS (1 serving)

Calories:	**233**
Protein:	14 g
Carbohydrate:	17 g
Fiber:	3 g
Total Fat:	14 g
Saturated Fat:	7 g
Cholesterol:	37 mg
Calcium:	48% DV
Sodium:	360 mg



Fiesta Stuffed Baked Potato

YIELD: 4 servings

PREP TIME: 5 minutes

COOK TIME: 60-75 minutes

INGREDIENTS:

4 medium russet potatoes
2 teaspoons canola oil
Sea salt
4 teaspoons butter, optional
1 cup cottage cheese
1 cup shredded sharp cheddar cheese
¼-½ cup favorite salsa

PREPARATION:

1. Preheat oven to 400 F. Under cold running water, scrub potatoes.
2. Dry the potatoes, pierce with a fork, rub with oil and lightly sprinkle with sea salt. Place directly on the oven rack and bake 60-75 minutes or until slightly soft and golden.
3. Slice in half lengthwise; open and fluff the potato with a fork.
4. Layer each potato with butter, ¼ cup cottage cheese, ¼ cup cheddar cheese and 1-2 tablespoons of your favorite salsa.

TIPS:

To cook the potatoes in a slow cooker, scrub potatoes, rinse and dry. Pierce with a fork and wrap each potato in foil. Place in a slow cooker on low for 7-8 hours or on high for 4½-5 hours.

SIMPLE SWAPS:

A super quick meal to use up leftovers! Try topping with pulled pork, cheddar cheese and barbecue sauce; steamed broccoli and cheddar; salsa and a fried egg; guacamole, salsa and cheddar; lean taco meat and cheddar; or mix your favorite hot sauce into plain Greek yogurt.



NUTRITION FACTS (1 serving)

Calories:	**324**
Protein:	16 g
Carbohydrate:	32 g
Fiber:	2 g
Total Fat:	16 g
Saturated Fat:	8 g
Cholesterol:	45 mg
Calcium:	28% DV
Sodium:	840 mg



On-the-Go Meal Box

YIELD: 1 serving

PREP TIME: 10 minutes

COOK TIME: 0 minutes

INGREDIENTS:



2 ounces rotisserie chicken slices
1 ounce cheddar cheese slices, cut into star shapes
1 mini kabob with grapes, melon and strawberries
¼ cup premade hummus
¼ cup blanched sugar snap peas
3 multicolored mini bell peppers
5 mini rice cakes or pita triangles

PREPARATION:

1. Fill each compartment of a Bento or lunch meal box with the various items.

TIPS:

- For ingredient ideas, think of variety and color – savory, sweet and crunchy foods!
- Include all the major food groups – protein, fruits, veggies, dairy and grains.
- Add a favorite dip, such as guacamole, salsa, hummus or nut butter!
- Separate crunchy ingredients from fruits and veggies to prevent sogginess.



SIMPLE SWAPS:

- Use leftovers! Let your imagination go wild!
- Take short cuts with store-bought items, like pasta salads, hard-boiled eggs or stuffed grape leaves.
- Use fresh, canned or dried fruit as your sweet treat.
- Vary your proteins – cheeses, nut butter, leftover meat, edamame, roasted chickpeas or beef jerky.



NUTRITION FACTS (1 serving)

Calories:	**460**
Protein:	24 g
Carbohydrate:	31 g
Fiber:	6 g
Total Fat:	26 g
Saturated Fat:	8 g
Cholesterol:	68 mg
Calcium:	24% DV
Sodium:	1003 mg



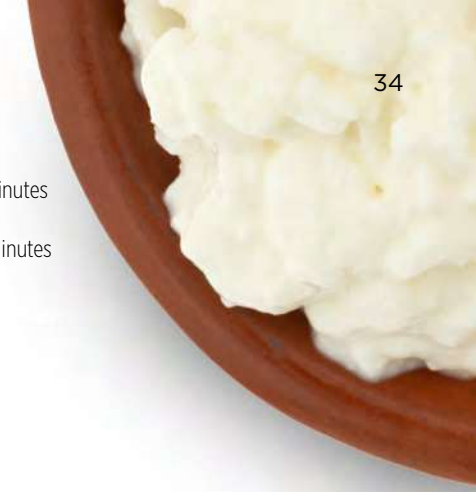
AMAZINGLY AFFORDABLE.
Milk costs less than 25 cents per 8-ounce glass.



Mid-Afternoon Bites



Whipped Cottage Cheese Avocado Dip



YIELD: 6 servings

PREP TIME: 10 minutes

COOK TIME: 0 minutes

INGREDIENTS:

2 cups 2% milkfat cottage cheese
1 large ripe avocado, pitted and peeled
1 cup cilantro, chopped
1 (1-ounce) packet dry ranch seasoning mix
1 tablespoon lime juice
Salt and freshly ground black pepper, to taste

PREPARATION:

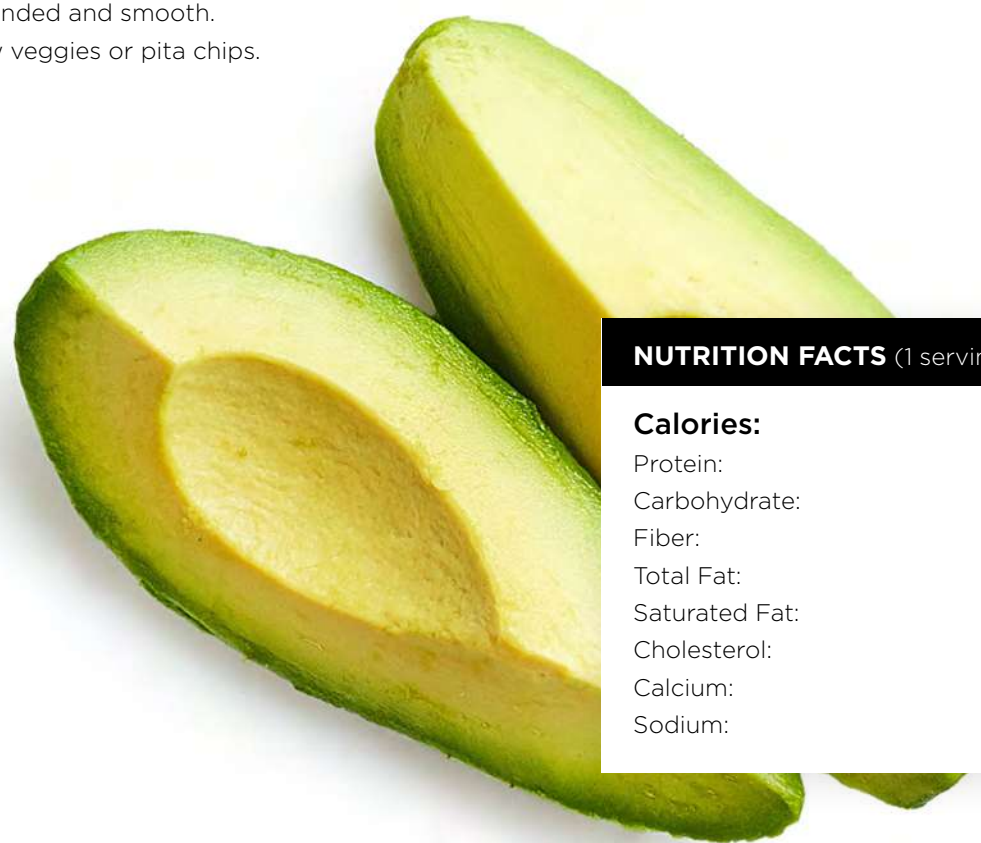
1. In a food processor or blender, combine the ingredients and pulse until well blended and smooth.
2. Serve with favorite raw veggies or pita chips.

TIPS:

- For a chunkier dip, mash the avocado and mix all ingredients by hand.
- Stays fresh for about 4 days in the refrigerator.

SIMPLE SWAPS:

For an even creamier consistency, use whole-milk cottage cheese.



NUTRITION FACTS (1 serving)	
Calories:	**115**
Protein:	10 g
Carbohydrate:	7 g
Fiber:	2 g
Total Fat:	5 g
Saturated Fat:	2 g
Cholesterol:	7 mg
Calcium:	13% DV
Sodium:	723 mg



Pimento Cheese Deviled Eggs

YIELD: 24 servings

PREP TIME: 25 minutes

COOK TIME: 15 minutes to cook eggs, 15 minutes to cool

INGREDIENTS:

1 dozen large eggs

PIMENTO CHEESE

8 ounces cream cheese
1 (4-ounce) jar pimentos, well drained and chopped
2 cups shredded extra-sharp cheddar cheese
¼ cup plain Greek yogurt
½ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon cayenne
Salt and freshly ground black pepper, to taste
Fresh chives, optional

PREPARATION:

1. To make hard-boiled eggs, see instructions on page 20.
2. Peel and halve the eggs lengthwise, remove the yolks and set aside. Refrigerate the egg whites until ready to use.
3. To make the pimento cheese, soften the cream cheese at room temperature or remove from packaging and microwave on high for 15 seconds.
4. Using a hand mixer, whip the cooked egg yolks and cream cheese on medium-high speed until light and fluffy.
5. Add the pimentos, cheddar cheese, yogurt and seasonings. Mix well by hand. Cover and refrigerate for 2 hours or overnight for the flavors to blend.
6. Use a spoon to evenly divide the cheese mixture into the center of each egg white. Garnish with fresh chives, if desired. Refrigerate until ready to serve.

TIPS:

- Use just half of the pimento cheese in the egg mixture if you want to use the remaining pimento cheese for other meals.
- For easier peeling, use eggs that have been in your refrigerator for about a week.
- Homemade hard-boiled eggs can last another week unpeeled in the refrigerator.
- Buy pre-shelled hard-boiled eggs for a quick option.

SIMPLE SWAPS:

Use leftover pimento cheese on burgers, grilled pimento cheese sandwiches, mac and cheese or grits, or as a dip for veggies.

NUTRITION FACTS (1 serving)

Calories:	**98**
Protein:	5 g
Carbohydrate:	2 g
Fiber:	0 g
Total Fat:	8 g
Saturated Fat:	4 g
Cholesterol:	108 mg
Calcium:	26% DV
Sodium:	103 mg



Cheesy Artichoke Bites

YIELD: 12 servings

PREP TIME: 10 minutes

COOK TIME: 30 minutes

INGREDIENTS:

2 (6-ounce) jars marinated artichoke hearts
1 small onion, minced
3 cloves garlic, minced
4 large eggs
Salt and freshly ground black pepper, to taste
¼ teaspoon oregano
Dash hot sauce
2 teaspoons minced parsley
¼ cup crushed saltine crackers
½ cup grated sharp cheddar cheese, plus ¼ cup for topping

PREPARATION:

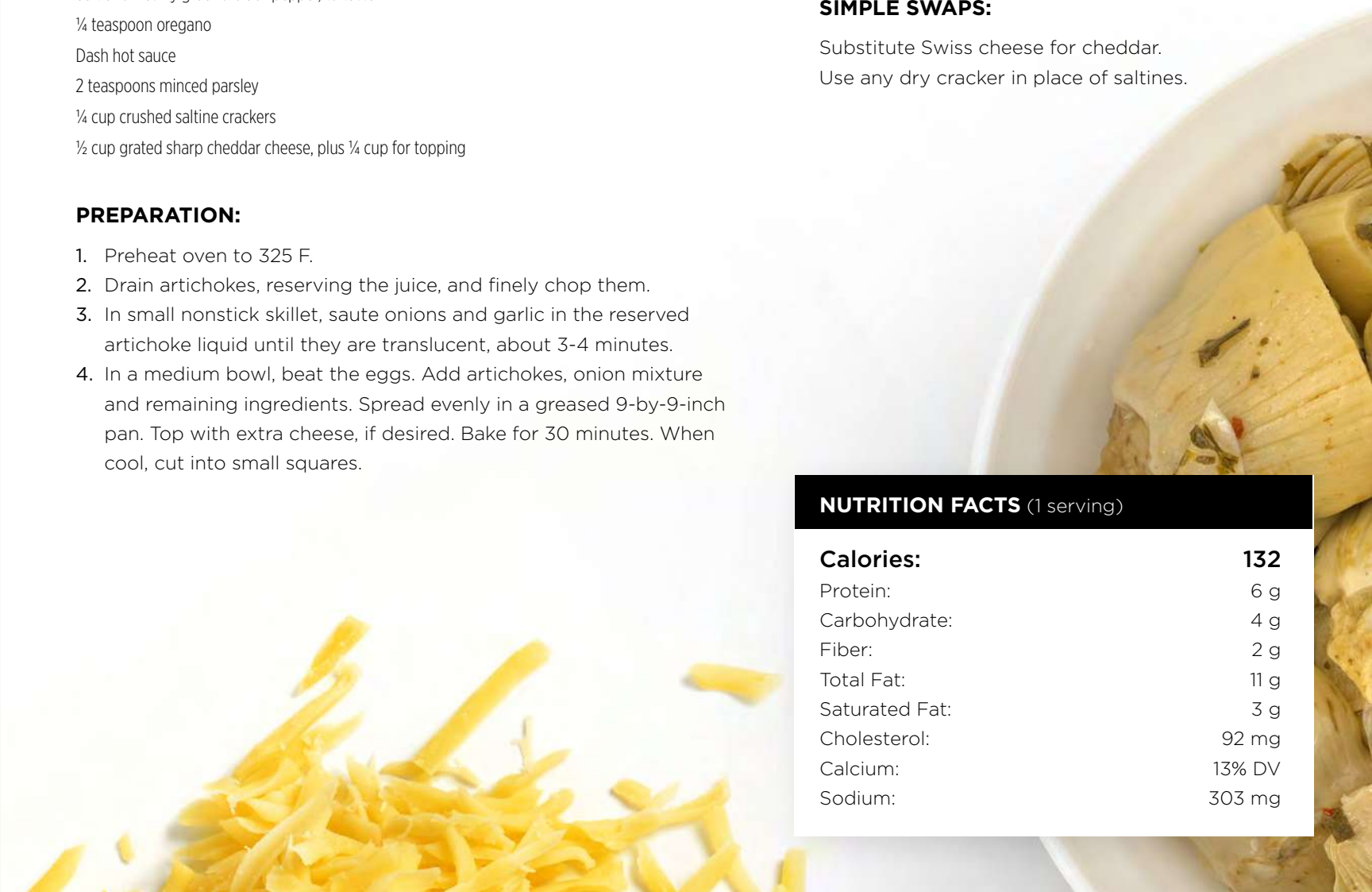
1. Preheat oven to 325 F.
2. Drain artichokes, reserving the juice, and finely chop them.
3. In small nonstick skillet, saute onions and garlic in the reserved artichoke liquid until they are translucent, about 3-4 minutes.
4. In a medium bowl, beat the eggs. Add artichokes, onion mixture and remaining ingredients. Spread evenly in a greased 9-by-9-inch pan. Top with extra cheese, if desired. Bake for 30 minutes. When cool, cut into small squares.

TIPS:

- Tastes great warm and at room temperature.
- Stores well in the refrigerator for about 4 days.

SIMPLE SWAPS:

Substitute Swiss cheese for cheddar.
Use any dry cracker in place of saltines.



NUTRITION FACTS (1 serving)

Calories:	**132**
Protein:	6 g
Carbohydrate:	4 g
Fiber:	2 g
Total Fat:	11 g
Saturated Fat:	3 g
Cholesterol:	92 mg
Calcium:	13% DV
Sodium:	303 mg



Tropical Yogurt Parfait

YIELD: 2 servings

PREP TIME: 15 minutes

COOK TIME: 0 minutes



INGREDIENTS:

1 ½ cups (12 ounces) plain yogurt
½ cup cubed pineapple
½ cup cubed mango
1 teaspoon fresh lime juice
2 teaspoons honey
2 tablespoons shaved or shredded coconut, toasted
1 tablespoon chopped preserved ginger, optional

PREPARATION:

1. Divide half of yogurt between two dishes.
2. Add ¼ cup each pineapple and mango.
3. Combine lime juice and honey; drizzle over fruit.
4. Top with remaining yogurt and sprinkle with coconut and ginger, if desired.

TIPS:

- Use tall stemmed glasses to showcase the delicious layers.
- Parfaits may be prepared, covered and refrigerated until serving.

SIMPLE SWAPS:

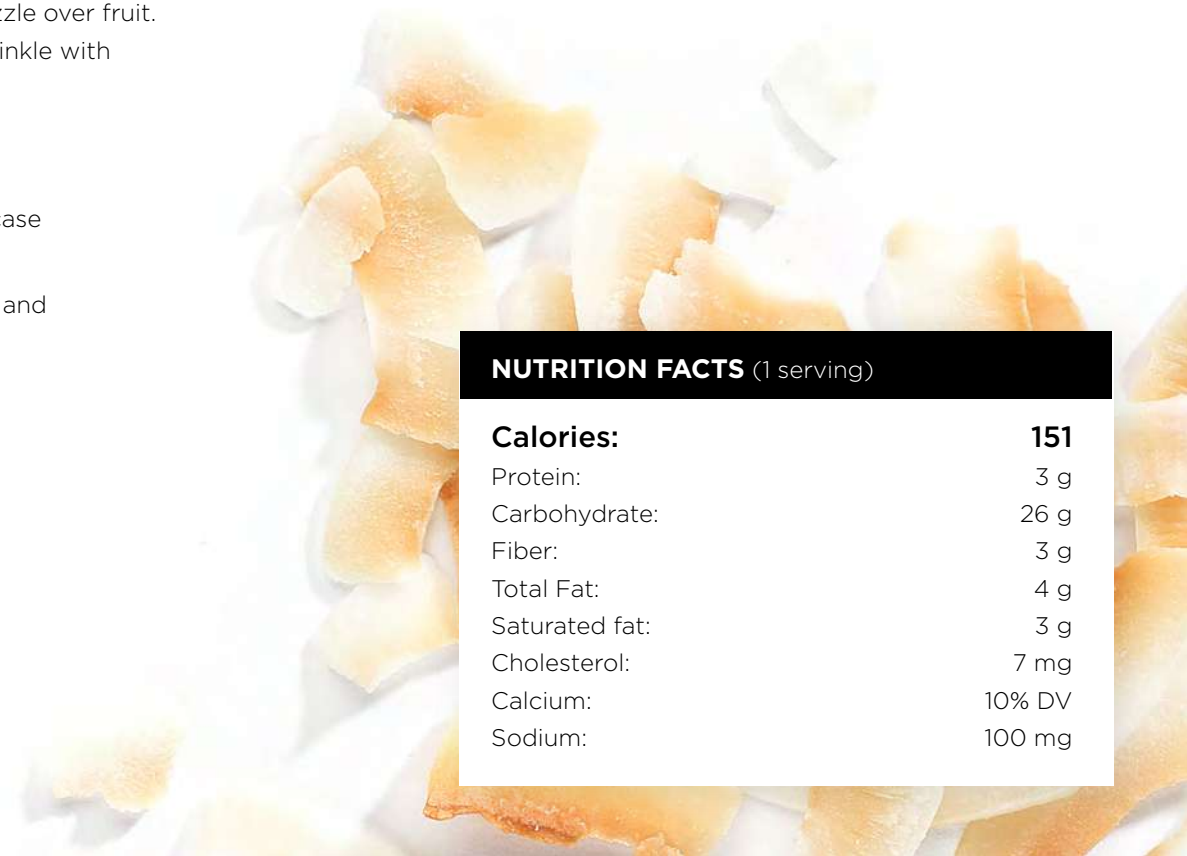
Papaya, kiwi and bananas may be used in the Tropical Yogurt Parfait.

BANANA PUDDING PARFAIT

Layer banana-flavored pudding, banana slices and vanilla yogurt. Top with crushed vanilla wafers.

RAINBOW PARFAIT

Layer vanilla yogurt between sliced strawberries, Mandarin orange slices, cubed pineapple, sliced kiwi and blueberries. Top with granola. Drizzle with honey, if desired.



NUTRITION FACTS (1 serving)

Calories:	**151**
Protein:	3 g
Carbohydrate:	26 g
Fiber:	3 g
Total Fat:	4 g
Saturated fat:	3 g
Cholesterol:	7 mg
Calcium:	10% DV
Sodium:	100 mg



Raspberry Orange Frozen Yogurt Bark

YIELD: 12 servings

PREP TIME: 5 minutes

COOK TIME: 3-plus hours

INGREDIENTS:

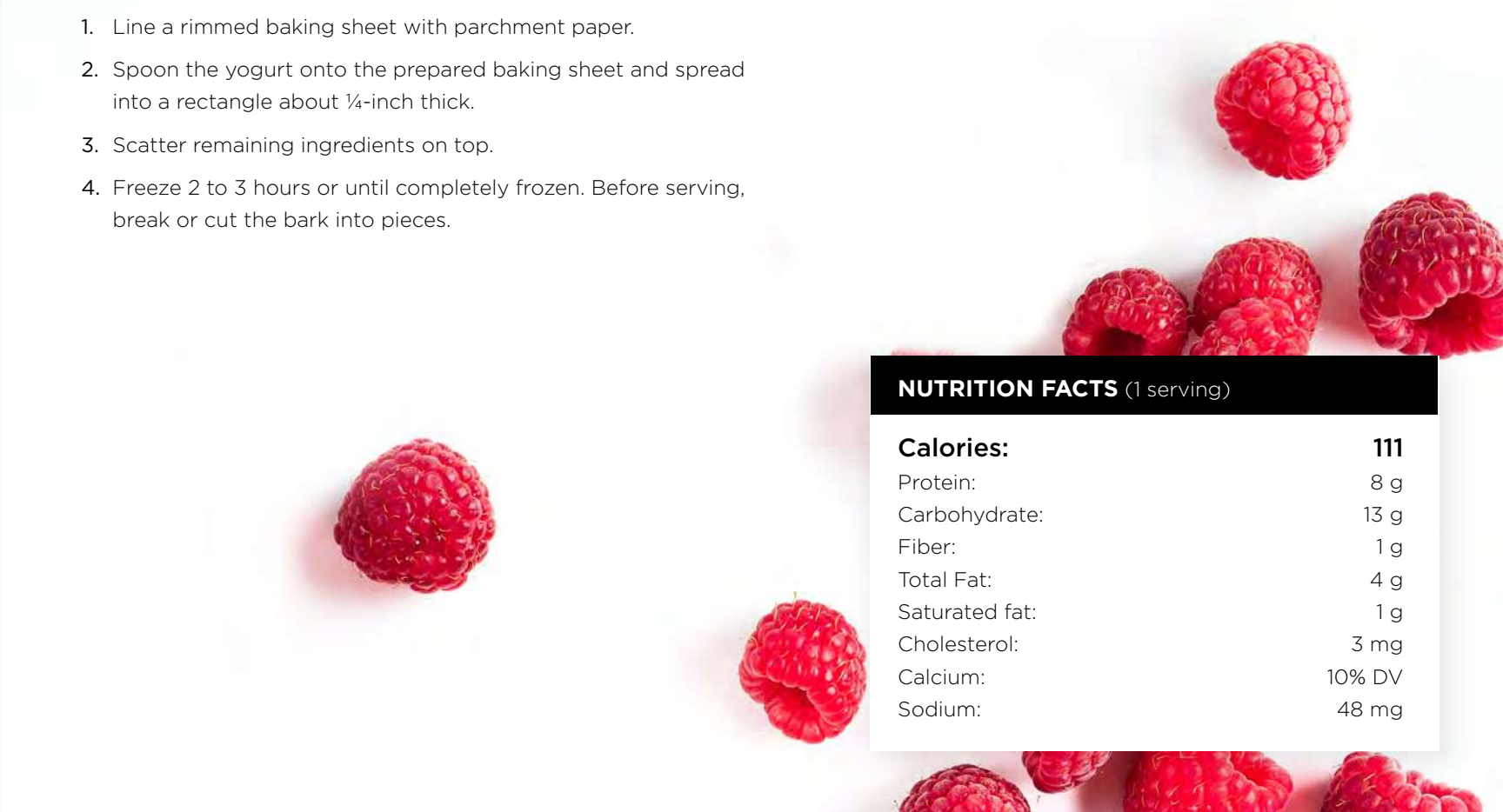
1 (32-ounce) container vanilla Greek yogurt
1 cup fresh raspberries, washed, slightly crushed
Zest of one small orange
½ cup chopped pistachios
¼ cup mini chocolate chips or ¼ cup shaved chocolate

PREPARATION:

1. Line a rimmed baking sheet with parchment paper.
2. Spoon the yogurt onto the prepared baking sheet and spread into a rectangle about ¼-inch thick.
3. Scatter remaining ingredients on top.
4. Freeze 2 to 3 hours or until completely frozen. Before serving, break or cut the bark into pieces.

TIPS:

Any yogurt will work – the higher the fat content, the creamier and richer the frozen yogurt bark will be.



NUTRITION FACTS (1 serving)

Calories:	**111**
Protein:	8 g
Carbohydrate:	13 g
Fiber:	1 g
Total Fat:	4 g
Saturated fat:	1 g
Cholesterol:	3 mg
Calcium:	10% DV
Sodium:	48 mg

LOCAL. FAMILY. FARMING.

95% of American dairy farms are owned by families just like yours. They care deeply about creating high-quality dairy products while caring for their cows and the land they'll pass on to their children.



Quick & Easy Weeknight Dinners





Barley Beef Stuffed Peppers With Avocado Cream

YIELD: 6 servings

PREP TIME: 30 minutes

COOK TIME: Barley 45 minutes; Peppers 45 minutes

INGREDIENTS:

STUFFED PEPPERS

¾ cup uncooked or 1 cup cooked pearled barley
½ pound lean ground beef
6 ounces (2 cups) chopped button mushrooms
Salt and freshly ground black pepper, to taste
½ cup Parmesan cheese
1 cup shredded mozzarella cheese
¼ cup chopped parsley
3 large multicolored bell peppers, cut in half and deseeded

AVOCADO CREAM

1 small avocado, pitted and peeled
¼ cup sour cream
1 tablespoon 2% reduced-fat milk
Juice of 1 small lime
Pinch of salt and freshly ground black pepper
Cilantro sprigs, optional

PREPARATION:

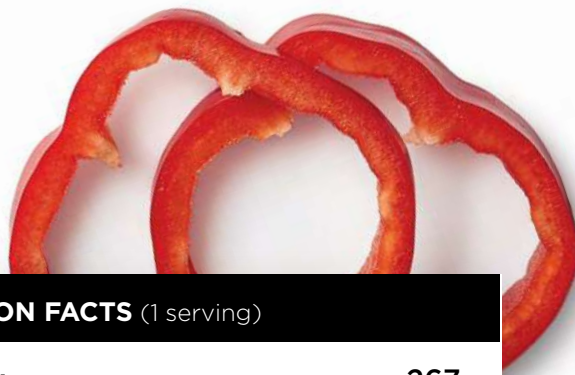
1. Cook barley according to package directions. Set aside. Preheat oven to 350 F.
2. Brown the beef in a large skillet, about 10 minutes, breaking it into small pieces. Drain excess grease.
3. Add the mushrooms, season with salt and pepper (if desired) and cook another 3 minutes.
4. Combine meat mixture with barley in a large bowl. Mix in the cheeses and parsley.
5. Spray a casserole dish with nonstick spray and arrange the pepper halves cut-side up. Fill each pepper with the meat mixture. Add 1 tablespoon of water to the bottom of the dish to soften the peppers during cooking.
6. Bake uncovered until the peppers are tender, about 45 minutes.
7. To make the avocado cream: In a small bowl, mash the avocado with a fork until smooth; mix in sour cream, milk, lime juice, salt and pepper.
8. Serve stuffed peppers with a dollop of avocado cream. Garnish with cilantro, if desired.

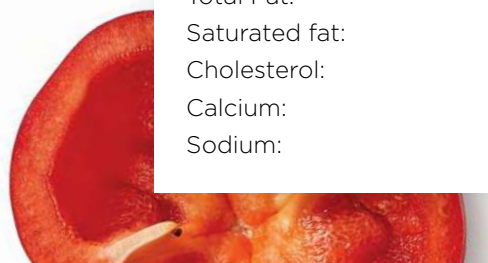
TIPS:

- Use less meat and more mushrooms if desired.
- To shorten the cooking time, precook the cut peppers in boiling water for 3 minutes, cool them in ice water, then drain. Proceed with the recipe, baking for 25-30 minutes.

SIMPLE SWAPS:

Substitute the barley with a leftover whole grain, such as brown rice or quinoa. For a fun mini meal or appetizer, swap the bell peppers for sweet mini peppers.





NUTRITION FACTS (1 serving)

Calories:	**267**
Protein:	19 g
Carbohydrate:	18 g
Fiber:	5 g
Total Fat:	15 g
Saturated fat:	7 g
Cholesterol:	44 mg
Calcium:	86% DV
Sodium:	312 mg



Yogurt-Marinated Chicken Kabobs With Tzatziki Sauce

YIELD: 4 servings

PREP TIME: 15 minutes plus 3 hours for marinade time

COOK TIME: 20-25 minutes

INGREDIENTS:

YOGURT-MARINATED CHICKEN

1 (6-ounce) container plain Greek yogurt
¾ cup cilantro, minced
1 teaspoon dried oregano
2 tablespoons lemon juice
2 large cloves garlic, minced
½ teaspoon cayenne pepper
1 teaspoon cumin
½ teaspoon salt
½ teaspoon freshly ground black pepper
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes (about 20 cubes, 5 per skewer)
8 (6-inch) wooden skewers
Extra-virgin olive oil

TZATZIKI SAUCE

1 cup plain, full-fat Greek yogurt
2 cloves garlic, minced
1 medium cucumber, partially peeled, chopped
Juice of 1 lemon
Salt and freshly ground pepper, to taste
Few sprigs of chopped fresh mint or dill, optional

TIPS:

Using a double skewer prevents the chicken from spinning or falling off during cooking.

SIMPLE SWAPS:

Use ½ chicken and ½ firm fish, such as haddock or mahi mahi.



PREPARATION:

1. For the marinade, mix together the yogurt, cilantro, oregano, lemon juice, garlic, cayenne pepper, cumin, salt and pepper in a large bowl.
2. Add the chicken cubes and toss until evenly coated. Cover and refrigerate for 3 hours or overnight.
3. For the Tzatziki Sauce, combine all the ingredients in a bowl. Refrigerate for 1 hour to allow the flavors to blend.
4. To cook the chicken, thread the cubed chicken onto double skewers and discard the marinade.
5. Preheat a cast-iron or nonstick skillet to medium heat. Heat 2 tablespoons of oil, add the chicken kabobs and cook 3-4 minutes per side, turning the kabobs until completely cooked, 8-10 minutes. To prevent crowding the skillet, cook the kabobs in batches.
6. Serve with Tzatziki Sauce.

NUTRITION FACTS (1 serving)

Calories:	**217**
Protein:	35 g
Carbohydrate:	11 g
Fiber:	1 g
Total Fat:	4 g
Saturated fat:	2 g
Cholesterol:	68 mg
Calcium:	31% DV
Sodium:	370 mg



Cornflake Crusted Cheesy Chicken Tenders

YIELD: 4 servings

PREP TIME: 15 minutes

COOK TIME: 20-25 minutes

INGREDIENTS:

¾ cup all-purpose flour
Salt and freshly ground black pepper, to taste
2 large eggs
2 tablespoons milk
1 ½ cups cornflakes or any unsweetened crunchy cereal, crushed
¾ cup (3 ounces) shredded sharp cheddar cheese
1 pound chicken tender strips or chicken breasts, cut into strips (approximately 8 tenders)
Nonstick cooking spray

PREPARATION:

1. Preheat oven to 375 F. In a small bowl, combine the flour with a pinch of salt and pepper. In a second bowl, make an egg wash by beating together the eggs and milk. In a third bowl, combine cornflakes and cheese.
2. Coat a lined baking pan with cooking spray. Dip chicken pieces in flour, then into the egg wash, then roll in the cornflake mixture, coating the entire piece of chicken. Place coated chicken pieces onto the baking pan. Discard any remaining dipping ingredients.
3. Bake the chicken for 25 minutes, turning halfway through the cooking process to ensure even browning. Serve with your favorite dipping sauces, if desired.

TIPS:

- This chicken reheats well in the oven and is great as the protein in a salad!
- Try it with ranch dressing mixed with plain Greek yogurt and a drizzle of hot sauce, ketchup or barbecue sauce.

SIMPLE SWAPS:

Substitute crunchy breadcrumbs mixed with ½ teaspoon cayenne pepper for a zippy alternative!

NUTRITION FACTS (1 serving)

Calories:	**373**
Protein:	37 g
Carbohydrate:	26 g
Fiber:	1 g
Total Fat:	13 g
Saturated fat:	6 g
Cholesterol:	195 mg
Calcium:	17% DV
Sodium:	248 mg



Cheesy Italian Chicken Pouches

YIELD: 4 servings

PREP TIME: 10-15 minutes

COOK TIME: 35 minutes

INGREDIENTS:

Nonstick cooking spray
3 small zucchinis, sliced into rounds
1 pound chicken breast tenders, approximately 8 tenders or chicken breasts, cut into 8 strips
1 teaspoon Italian seasoning
1 cup marinara sauce
1 cup shredded Italian-style cheese blend
Cooked pasta, if desired
Salt and pepper, to taste
Parsley, optional

PREPARATION:

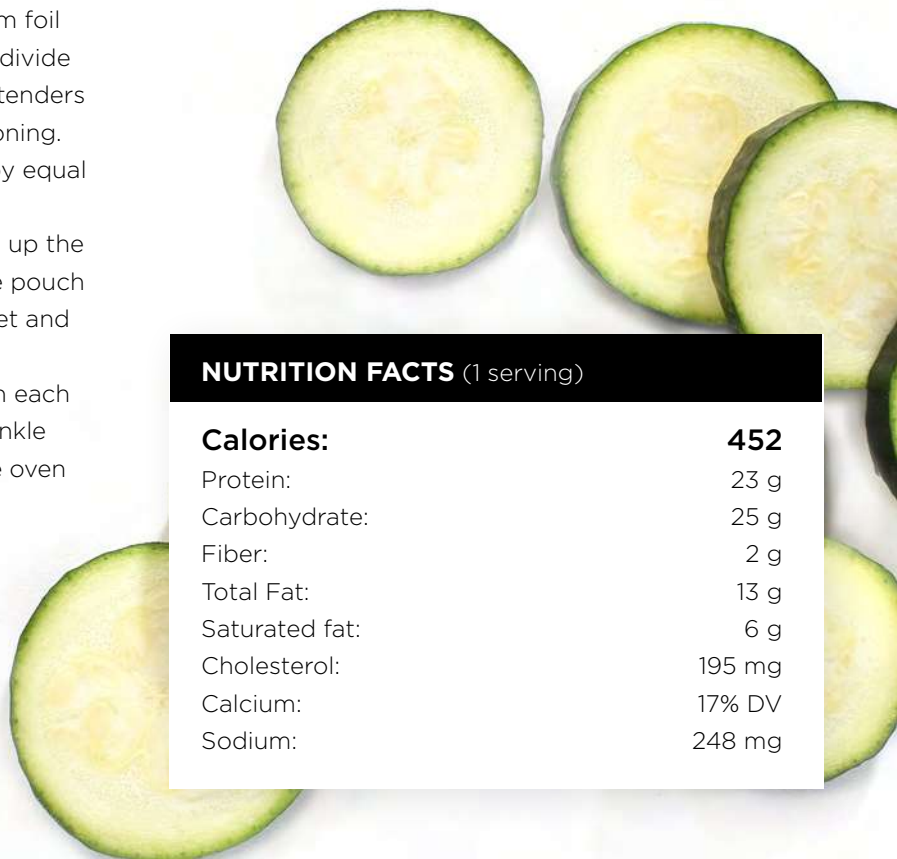
1. Preheat oven to 350 F. Cut 4 pieces of heavy-duty aluminum foil about 12-by-15 inches and coat with cooking spray. Equally divide the zucchini slices between the foil pieces. Place 2 chicken tenders on top of the zucchini slices, then sprinkle with Italian seasoning.
2. Top each with equal amounts of marinara sauce, followed by equal amounts of cheese.
3. Bring two sides of the foil together and fold down, then roll up the short ends and seal tightly so the chicken steams inside the pouch while in the oven. Place the pouch on a rimmed baking sheet and repeat with remaining pouches.
4. Bake for 35 minutes or until cooked through. Carefully open each pouch to allow steam to escape and peel back the foil. Sprinkle each pouch with additional cheese, if desired. Return to the oven until the cheese has melted, 2-3 minutes.
5. Slide the pouches onto four dinner plates and serve with additional marinara sauce and cooked pasta, if desired.

TIPS:

Whether you're camping, tailgating or feeding a hungry family, this foil-pouch meal can be assembled ahead and refrigerated up to 10 hours before cooking.

SIMPLE SWAPS:

Substitute small chicken breasts, Alfredo sauce or provolone cheese.



NUTRITION FACTS (1 serving)

Calories:	**452**
Protein:	23 g
Carbohydrate:	25 g
Fiber:	2 g
Total Fat:	13 g
Saturated fat:	6 g
Cholesterol:	195 mg
Calcium:	17% DV
Sodium:	248 mg



Salmon Sliders With Homemade Tartar Sauce

YIELD: 8 servings

PREP TIME: 15 minutes plus 1 hour for chill time

COOK TIME: 30 minutes

INGREDIENTS:

TARTAR SAUCE

¼ cup mayonnaise
¼ cup plain Greek yogurt
2 tablespoons dill pickle, finely chopped
2 tablespoons onion, finely chopped
1 tablespoon lemon juice
1 tablespoon fresh chopped dill
Salt and pepper, to taste
½ teaspoon Dijon mustard, optional

SLIDERS

1 (15-ounce) can sockeye salmon, reserving the liquid and bones
1 large egg
2 tablespoons onion, minced
2 cloves garlic, minced
Salt and pepper, to taste
1 teaspoon paprika
½ cup all-purpose flour
1 ½ teaspoon baking powder
Canola oil
8 whole-wheat slider buns
Lettuce and tomato slices, if desired

PREPARATION:

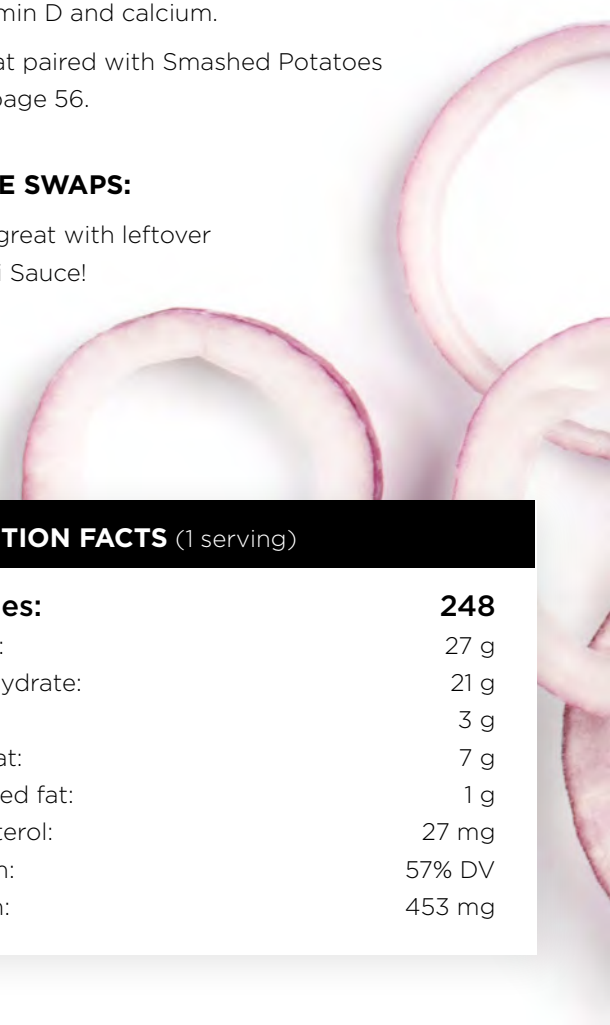
1. To make the tartar sauce, combine all ingredients in a small bowl. Refrigerate.
2. For the sliders, drain the canned salmon, reserving 2 tablespoons of the liquid and the bones.
3. Mix the salmon with the crushed bones, egg, onion, garlic, salt, pepper and paprika until mixture is sticky; stir in the flour, baking powder and reserved liquid. Form six small patties 2 ½-inches in diameter and refrigerate 1 hour, if time allows.
4. Heat oil in nonstick skillet on medium heat; add salmon patties and cook until golden brown, 2-4 minutes each side.
5. Serve the salmon patties on the buns topped with Tartar Sauce, lettuce and a tomato slice.

TIPS:

- To prevent crowding, cook the sliders in two batches.
- Canned salmon is an affordable way to get your protein and omega-3 fatty acids.
- Using the bones provides a boost of vitamin D and calcium.
- Great paired with Smashed Potatoes on page 56.

SIMPLE SWAPS:

Tastes great with leftover Tzatziki Sauce!



NUTRITION FACTS (1 serving)

Calories:	**248**
Protein:	27 g
Carbohydrate:	21 g
Fiber:	3 g
Total Fat:	7 g
Saturated fat:	1 g
Cholesterol:	27 mg
Calcium:	57% DV
Sodium:	453 mg

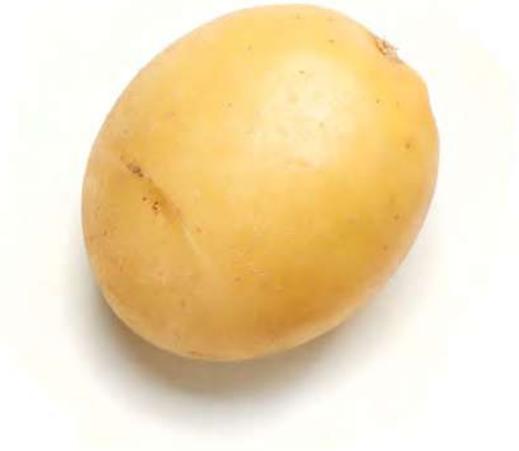


Parmesan Dusted Smashed Potatoes

YIELD: 8 servings

PREP TIME: 10 minutes

COOK TIME: 30-50 minutes



INGREDIENTS:

1 ½ pounds small potatoes
4 tablespoons olive oil, divided
⅛ teaspoon garlic salt
⅛ teaspoon onion powder
Freshly ground black pepper, to taste
¼ cup Parmesan cheese
1 cup plain Greek yogurt
Chopped fresh chives, optional

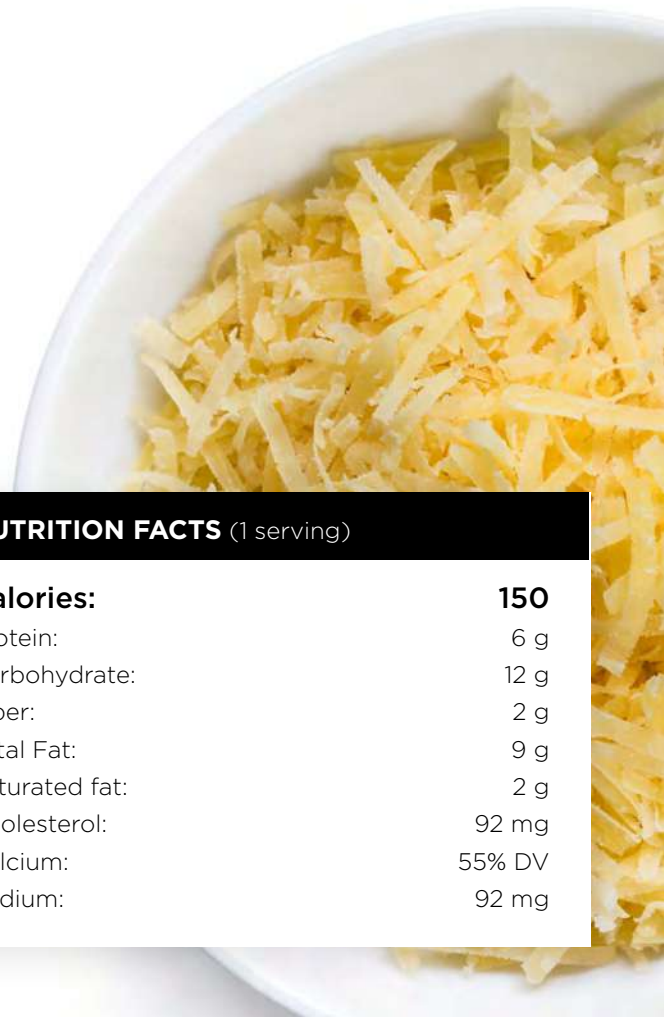
PREPARATION:

1. Under cold running water, scrub potatoes, then place in a saucepan filled with enough water to cover potatoes. Bring water to boil, then simmer over medium-high heat until the potatoes are easily pierced with a fork, about 20 minutes. Drain and let cool for 5 minutes.
2. Preheat the oven to 425 F. Drizzle 1 tablespoon oil on a lined baking sheet. Use a potato masher or large fork to gently smash each potato.
3. Drizzle the remaining oil over the smashed potatoes, then sprinkle garlic salt, onion powder and black pepper over the top. Bake until potatoes are golden and crispy, 25-30 minutes. When ready to serve, sprinkle with Parmesan cheese and top with a dollop of Greek yogurt and chives.



TIPS:

- The smaller the potatoes, the crispier the smashed potatoes.
- Cook them ahead of time and refrigerate until ready to smash and bake.
- Pairs well with Salmon Sliders on page 54 or Cheesy Italian Chicken Pouches on page 52.



NUTRITION FACTS (1 serving)

Calories:	**150**
Protein:	6 g
Carbohydrate:	12 g
Fiber:	2 g
Total Fat:	9 g
Saturated fat:	2 g
Cholesterol:	92 mg
Calcium:	55% DV
Sodium:	92 mg



Zucchini and Squash Parmesan Medallions

YIELD: 4 servings

PREP TIME: 10 minutes

COOK TIME: 10 minutes

INGREDIENTS:

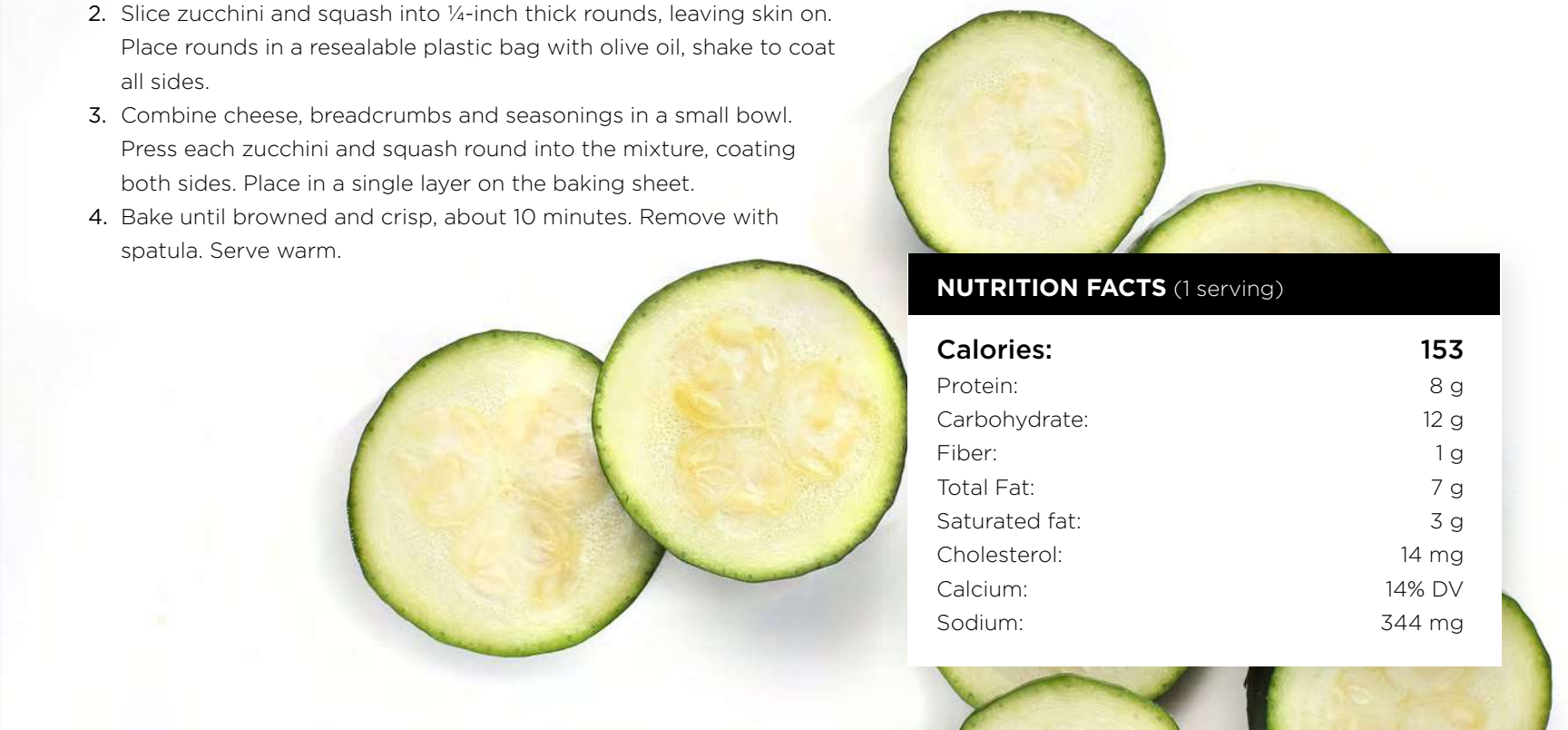
Nonstick cooking spray
1 medium zucchini and 1 medium yellow squash
1 tablespoon extra-virgin olive oil
½ cup (about 2 ounces) freshly grated Parmesan cheese
½ cup plain or Italian flavored breadcrumbs
Salt and freshly ground black pepper, to taste
Paprika, to taste

TIPS:

- Use parchment paper as a baking sheet liner instead of using cooking spray.
- Get the kids involved by having them dip the zucchini in the crumb mixture.
- Serve with marinara sauce or Greek yogurt ranch dressing.

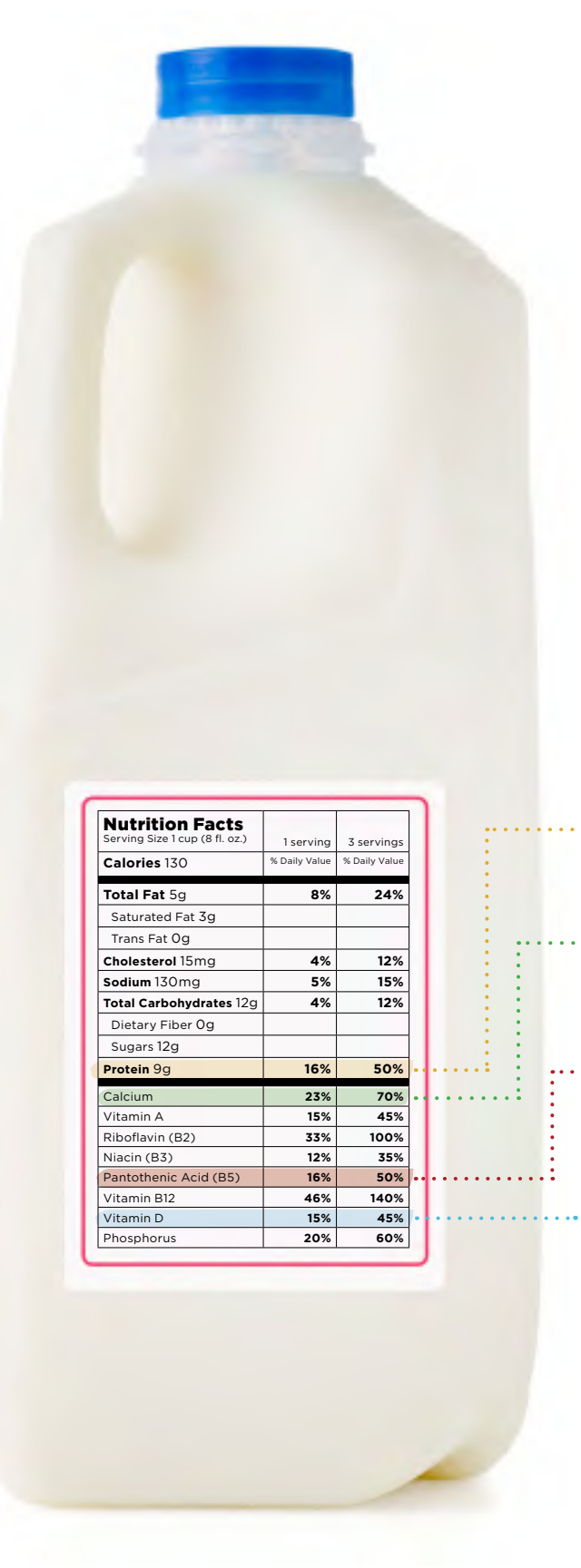
PREPARATION:

1. Preheat oven to 425 F. Lightly coat a lined baking sheet with cooking spray.
2. Slice zucchini and squash into ¼-inch thick rounds, leaving skin on. Place rounds in a resealable plastic bag with olive oil, shake to coat all sides.
3. Combine cheese, breadcrumbs and seasonings in a small bowl. Press each zucchini and squash round into the mixture, coating both sides. Place in a single layer on the baking sheet.
4. Bake until browned and crisp, about 10 minutes. Remove with spatula. Serve warm.



NUTRITION FACTS (1 serving)

Calories:	**153**
Protein:	8 g
Carbohydrate:	12 g
Fiber:	1 g
Total Fat:	7 g
Saturated fat:	3 g
Cholesterol:	14 mg
Calcium:	14% DV
Sodium:	344 mg



Rich in Flavor. Enriching Your Health.

Dairy nourishes life at every age, from childhood through adulthood. Regardless of the healthy eating pattern you choose, three daily servings of dairy foods – such as milk, cheese and yogurt – can play an important role in overall health.

Countless studies and decades of research link dairy foods with numerous health benefits, including improved bone health, reduced risk of cardiovascular disease and Type 2 diabetes. Milk provides nine essential nutrients – and three of the four nutrients of public health concern, including calcium, potassium and vitamin D.

Dairy is also one of the most affordable and delicious sources of nutrition: For under $1 a day, you can enjoy three servings of dairy – making it a win-win for both the body and the budget.

Nutrition Facts Serving Size 1 cup (8 fl. oz.)	1 serving	3 servings
Calories 130	% Daily Value	% Daily Value
Total Fat 5g	**8%**	**24%**
Saturated Fat 3g		
Trans Fat 0g		
Cholesterol 15mg	**4%**	**12%**
Sodium 130mg	**5%**	**15%**
Total Carbohydrates 12g	**4%**	**12%**
Dietary Fiber 0g		
Sugars 12g		
Protein 9g	**16%**	**50%**
Calcium	**23%**	**70%**
Vitamin A	**15%**	**45%**
Riboflavin (B2)	**33%**	**100%**
Niacin (B3)	**12%**	**35%**
Pantothenic Acid (B5)	**16%**	**50%**
Vitamin B12	**46%**	**140%**
Vitamin D	**15%**	**45%**
Phosphorus	**20%**	**60%**

3 SERVINGS MILK = EACH NUTRIENT IN:



4 large eggs



38 cups raw kale



About **3** cups cooked red kidney beans



About **15** sardines

HOW MUCH DAIRY SHOULD I EAT?

AGE	DAILY DAIRY SERVINGS
9 and up	3 servings
3-8 years	2 ½ servings
2 years	2 servings
12-23 months	1 ½-2 servings
6-12 months	small amounts of yogurt and cheese

WHAT'S A SERVING OF DAIRY?



8 ounces (1 cup) of milk



1½-2 ounces of cheese



6-8 ounces (1 cup) of yogurt

DAIRY IS RECOMMENDED FOR A REASON

It's tough to replace the essential nutrients naturally packed into real milk. That's why dairy foods are a key part of recommended healthy eating patterns, such as MyPlate, MiPlato, Dietary Approaches to Stop Hypertension (DASH) and the Mediterranean diet.

Food Safety

USE A FOOD THERMOMETER when cooking to be sure that food is safely cooked.

BEEF, PORK, VEAL & LAMB (roast, steaks and chops)	145 F
BEEF, PORK, VEAL & LAMB (ground)	160 F
POULTRY, INCLUDING CHICKEN & TURKEY (whole parts or ground)	165 F
EGGS & EGG DISHES	160 F
FISH	145 F



STORE FOODS AT SAFE TEMPERATURES

COLD FOODS	40 F or below
MILK	35 F
HOT FOODS	140 F or above
DANGER ZONE	40 F – 140 F for over 2 hours or 90 F for over 1 hour

AVOID CROSS-CONTAMINATION

Wash surfaces (such as cutting boards, utensils and counters) after touching raw meats, poultry, seafood or eggs and before being used for any further food preparation. Do not reuse leftover marinades that were used on raw foods.

HAND WASHING

Before preparing food or after touching raw meat, poultry, seafood or eggs, wash hands with soap and warm water. Lather and scrub hands together for at least 20 seconds.

REFERENCES

1. Capper JL, Cady RA. The effects of improved performance in the U.S. dairy cattle industry on environmental impacts between 2007 and 2017. J. AnimSci. 2019



From our farms to your table

Thank you for making our livelihood a part of your life.

For more #DairyAmazing recipes, heartwarming farm family stories and eye-opening nutrition science, visit **DairyDiscoveryZone.com**