

# Dairy-licious Family Dishes



Dairy is a healthy choice for meals and snacks!

Milk, yogurt and cheese give you:

- Calcium for strong teeth and bones
- Protein for muscle growth
- Calcium, potassium and magnesium for healthy blood pressure

Aim for 3 servings of dairy every day.

How much is a serving?



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SERVES  
6

Strata is a great way to use up bread that is too dry for sandwiches.

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## Cheesy Broccoli Strata

- 6 slices bread
- No-stick cooking spray

- 1 Heat oven to 325° F.
- 2 Break bread into pieces. Place half of pieces in an 8x8-inch baking pan that has been coated with no-stick cooking spray.

- 1 1/2 cups broccoli, chopped and cooked
- 1 1/2 cups cheese, shredded
- 1 cup cooked chicken, chopped OR cooked ground turkey

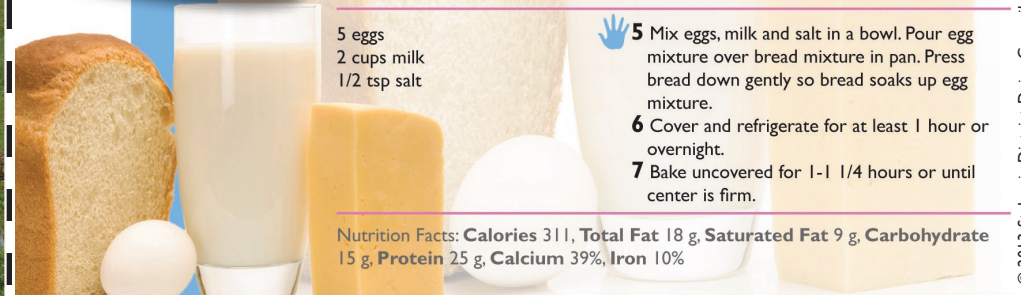
- 3 Top bread with vegetables, cheese, meat and onion.
- 4 Place remaining bread on top.

For variation, add:  
1 Tbsp onion, chopped finely

- 5 eggs
- 2 cups milk
- 1/2 tsp salt

- 5 Mix eggs, milk and salt in a bowl. Pour egg mixture over bread mixture in pan. Press bread down gently so bread soaks up egg mixture.
- 6 Cover and refrigerate for at least 1 hour or overnight.
- 7 Bake uncovered for 1-1 1/4 hours or until center is firm.

Nutrition Facts: **Calories** 311, **Total Fat** 18 g, **Saturated Fat** 9 g, **Carbohydrate** 15 g, **Protein** 25 g, **Calcium** 39%, **Iron** 10%



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SERVES  
6

Evaporated milk doubles the dairy in this quick & easy, crowd-pleasing dish.

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## Creamy One-Pot Mac & Cheese

- 2 cups uncooked macaroni or spiral pasta

- 1 Cook pasta according to package directions; drain and set aside.

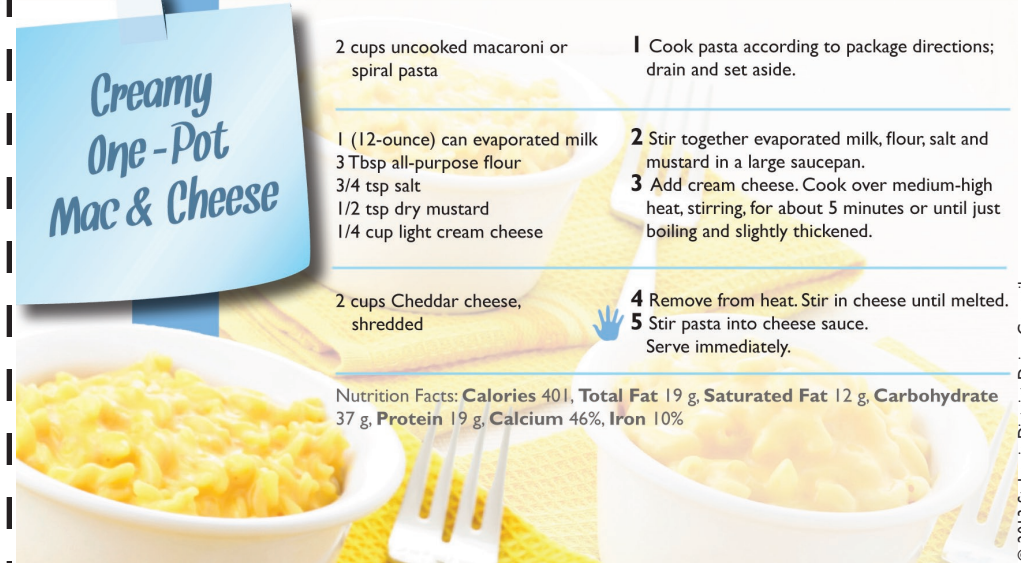
- 1 (12-ounce) can evaporated milk
- 3 Tbsp all-purpose flour
- 3/4 tsp salt
- 1/2 tsp dry mustard
- 1/4 cup light cream cheese

- 2 Stir together evaporated milk, flour, salt and mustard in a large saucepan.
- 3 Add cream cheese. Cook over medium-high heat, stirring, for about 5 minutes or until just boiling and slightly thickened.

- 2 cups Cheddar cheese, shredded

- 4 Remove from heat. Stir in cheese until melted.
- 5 Stir pasta into cheese sauce. Serve immediately.

Nutrition Facts: **Calories** 401, **Total Fat** 19 g, **Saturated Fat** 12 g, **Carbohydrate** 37 g, **Protein** 19 g, **Calcium** 46%, **Iron** 10%



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SERVES  
4



Pair with sliced apples or graham crackers for a sweet and satisfying treat.  
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## Peanut Butter & Vanilla Yogurt Dip

1 cup non-fat vanilla Greek yogurt  
1/3 cup peanut butter



1 Combine ingredients in small bowl with a whisk. Chill in fridge until ready to serve.

2 Serve with sliced fruit or whole-grain graham crackers.

Nutrition Facts: **Calories** 174, **Total Fat** 11 g, **Saturated Fat** 2 g, **Carbohydrate** 11 g, **Protein** 10 g, **Calcium** 7%, **Iron** 2%



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SERVES  
8



Prepare this ahead of time for a quick, healthy meal, side dish, or snack.  
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## Italian Pasta Salad

2 cups spiral pasta, dry OR other pasta  
1 1/2 cups broccoli florets

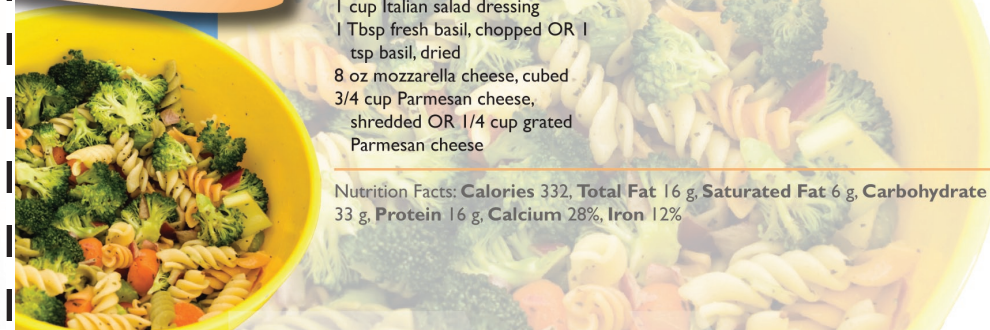
1 Cook pasta as directed on package, adding broccoli for the last 5 minutes of cooking time.  
2 Drain and rinse with cold water until completely cool.

3/4 cup frozen peas, thawed  
2 large tomatoes, chopped OR 15-20 cherry tomatoes  
1 can Garbanzo beans, drained and rinsed  
1 cup Italian salad dressing  
1 Tbsp fresh basil, chopped OR 1 tsp basil, dried  
8 oz mozzarella cheese, cubed  
3/4 cup Parmesan cheese, shredded OR 1/4 cup grated Parmesan cheese



3 Combine all ingredients in a large bowl. Stir gently.  
4 Chill 1 hour before serving.

Nutrition Facts: **Calories** 332, **Total Fat** 16 g, **Saturated Fat** 6 g, **Carbohydrate** 33 g, **Protein** 16 g, **Calcium** 28%, **Iron** 12%



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SERVES  
6

Comfort food at its best made with calcium-rich cheese and whole-grain brown rice.  
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## Broccoli & Brown Rice Casserole

1 cup uncooked brown rice  
1 tsp vegetable oil  
1 cup sliced mushrooms  
1 cup onion, chopped  
1 tsp garlic, minced  
2 Tbsp all-purpose flour

1 Prepare rice according to package directions.

2 Preheat oven to 375° F.  
3 Heat oil in large frying pan. Saute mushrooms, onions and garlic for 5 minutes.  
4 Sprinkle flour over mushroom mixture; stir.

1 cup milk

5 Stir in milk and bring to a boil, stirring constantly. Reduce heat and simmer for 2 minutes.

1 cup Cheddar cheese, shredded, divided  
1 package (10 oz) frozen chopped broccoli, thawed and drained  
1 1/2 tsp salt

6 Remove from heat and stir in rice, 3/4 cup of cheese, broccoli, and salt. Mix well.

7 Pour into a 2-quart casserole dish and top with remaining cheese. Cover with aluminum foil and bake for 10 minutes.

Optional:  
2 cups of cooked chicken OR 2 cans of tuna

Before step 7, add chicken or tuna to create a main dish.

Nutrition Facts: **Calories** 267, **Total Fat** 11 g, **Saturated Fat** 5 g, **Carbohydrate** 33 g, **Protein** 11 g, **Calcium** 23%, **Iron** 7%



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SERVES  
6



Cool off on a warm day with these refreshing, homemade popsicles.  
KIDS CAN HELP

## Chocolatey Pudding Pops

2 cups milk  
1 small box instant chocolate pudding mix OR flavor of your choice



1 Pour milk into a medium bowl.  
2 Add dry pudding mix. Stir with a wire whisk for 2 minutes.

6 small (5 oz) plastic OR paper cups  
6 wooden popsicle sticks OR plastic spoons  
Aluminum foil



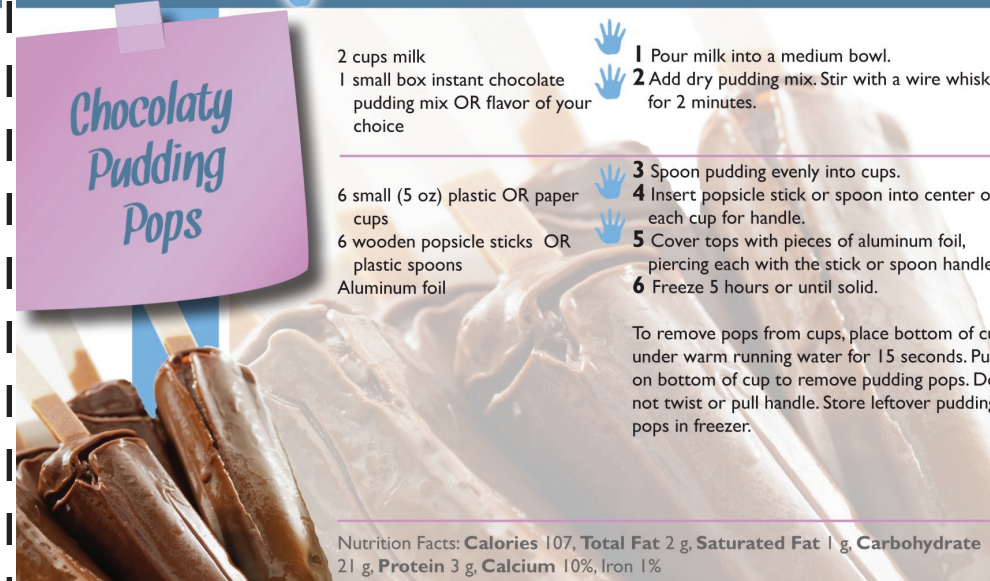
3 Spoon pudding evenly into cups.



4 Insert popsicle stick or spoon into center of each cup for handle.  
5 Cover tops with pieces of aluminum foil, piercing each with the stick or spoon handle.  
6 Freeze 5 hours or until solid.

To remove pops from cups, place bottom of cup under warm running water for 15 seconds. Push on bottom of cup to remove pudding pops. Do not twist or pull handle. Store leftover pudding pops in freezer.

Nutrition Facts: **Calories** 107, **Total Fat** 2 g, **Saturated Fat** 1 g, **Carbohydrate** 21 g, **Protein** 3 g, **Calcium** 10%, **Iron** 1%



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SERVES  
8

Try this refreshing side dish at your next picnic or potluck!

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## Sweet Pineapple Slaw

1 can (20 oz) crushed pineapple OR pineapple tidbits in juice  
1/2 package coleslaw mix OR 4 cups shredded cabbage and carrots  
1/2 cup raisins

1/2 cup peach yogurt  
1/8 tsp cinnamon  
1 Tbsp pineapple juice

For variation, add:

1/2 cup slivered almonds  
For tastier almonds, spread them in a pan and bake at 375 F for 10 minutes to toast.  
1/2 tsp salt

1 Drain pineapple well, saving 1 Tbsp of juice.  
2 Combine pineapple, coleslaw mix and raisins in a large bowl.

3 Stir together yogurt, cinnamon and pineapple juice in a small bowl.

4 Pour yogurt mixture over coleslaw and fruit mixture.

5 Stir gently to coat.

6 Stir in almonds just before serving.

Nutrition Facts: **Calories** 84, **Total Fat** 4 g, **Saturated Fat** 0 g, **Carbohydrate** 21 g, **Protein** 1 g, **Calcium** 5%, **Iron** 3%



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SERVES  
6

Kids will enjoy helping with this easy, tasty salad.

KIDS CAN HELP

## Crunchy Apple Cheddar Salad

4 cups apple with peel, chopped  
1/2 cup Cheddar cheese, cubed

Dressing:

Serve a purchased vinaigrette dressing OR try:  
1/4 cup lemon juice  
2 Tbsp honey  
1 tsp vegetable oil

3 cups mixed salad greens, washed OR 1 pre-washed bag

1 Mix apples and cheese in a medium bowl.

2 Combine lemon juice, honey and vegetable oil in a small bowl. Stir well with a fork or whisk.

3 Drizzle dressing over apple mixture. Stir gently to coat.

4 Serve over salad greens.

Nutrition Facts: **Calories** 114, **Total Fat** 4 g, **Saturated Fat** 2 g, **Carbohydrate** 19 g, **Protein** 3 g, **Calcium** 8%, **Iron** 2%



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SERVES  
8

Use your favorite cheeses, vegetables, beans, spicy peppers or hot sauce.

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## Quick 'n Easy Enchilada Bake

1 Tbsp vegetable oil  
1/2 medium onion, chopped  
For variation, add:  
1/2 cup mushrooms, sliced  
1/2 cup green pepper, chopped

1 can (15-16 oz) kidney beans, drained OR 1 1/2 cups cooked beans  
1 can (15-16 oz) stewed OR diced tomatoes  
1 tsp chili powder  
1/2 tsp garlic powder

8 corn tortillas  
1 cup Monterey Jack cheese, shredded  
No-stick cooking spray

1 Heat oven to 350° F  
2 Heat oil in frying pan on medium heat. Add onion, mushrooms and green pepper. Cook 2-4 minutes or until tender.

3 Add beans, tomatoes, chili powder and garlic powder. Stir to combine.

4 Tear tortillas into bite-sized pieces.  
5 Layer 1/2 tortillas, 1/2 sauce, 1/2 cheese in 8-inch baking pan that has been coated with no-stick cooking spray. Repeat layers, ending with cheese.

6 Bake uncovered for 20 minutes.

Nutrition Facts: **Calories** 176, **Total Fat** 8 g, **Saturated Fat** 3 g, **Carbohydrate** 21 g, **Protein** 9 g, **Calcium** 17%, **Iron** 6%



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SERVES  
9

Dry milk is a healthy, budget-friendly ingredient in this satisfying soup.

## Cream of Broccoli Soup

3 cans (14.5 oz each) chicken or vegetable broth  
9 cups (about 1 1/2 lb) broccoli florets  
1 small onion, coarsely chopped  
2 cloves garlic, finely chopped

1 1/2 cups non-fat dry milk  
1/2 cup water  
1/4 cup all-purpose flour  
1/4 tsp salt  
1/4 tsp pepper

Optional: for Broccoli Cheese Soup:  
1 cup Cheddar cheese, shredded

1 Boil broth in large saucepan.  
2 Add broccoli, onion and garlic. Bring to a boil; reduce heat to low. Cover and cook for 5 to 7 minutes or until broccoli is tender. Remove from heat and let cool slightly.

3 Transfer half of the broth mixture to blender or food processor (in batches, if necessary). Cover and blend to desired consistency.  
4 Return to remaining mixture to saucepan.

5 Combine dry milk, water and flour in medium bowl; mix well.  
6 Stir dry milk mixture into soup.  
7 Add salt and pepper. Heat to serving temperature.

Add cheese and stir over low heat until melted.

Nutrition Facts: **Calories** 100, **Total Fat** 1 g, **Saturated Fat** 0 g, **Carbohydrate** 15 g, **Protein** 9 g, **Calcium** 15%, **Iron** 6%



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