

Legend Dairy



AT EIGHTY-FIVE

RECIPE CARDS

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The Nutrition Education People

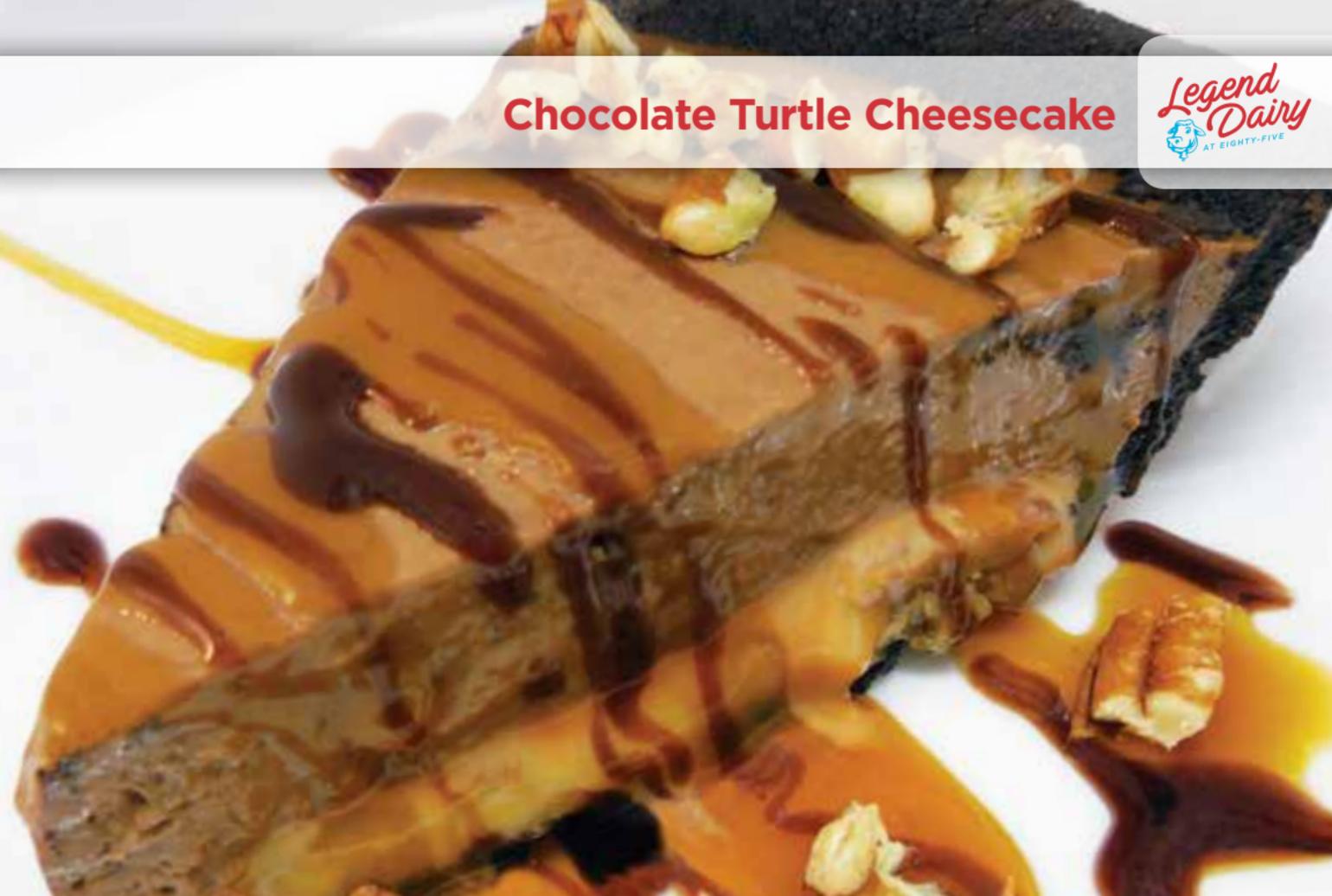
Measurement Conversion Table

CUP = FLUID OUNCES = TABLESPOON = TEASPOON = MILLILITERS

CUP	FLUID OUNCES	TABLESPOON	TEASPOON	MILLILITERS
1 c	8 oz.	16 Tbsp.	48 tsp.	237 ml.
$\frac{3}{4}$ c	6 oz.	12 Tbsp.	36 tsp.	177 ml.
$\frac{2}{3}$ c	5 $\frac{1}{3}$ oz.	10.6 Tbsp.	32 tsp.	158 ml.
$\frac{1}{2}$ c	4 oz.	8 Tbsp.	24 tsp.	118 ml.
$\frac{1}{3}$ c	2 $\frac{2}{3}$ oz.	5.3 Tbsp.	16 tsp.	79 ml.
$\frac{1}{4}$ c	2 oz.	4 Tbsp.	12 tsp.	59 ml.
$\frac{1}{8}$ c	1 oz.	2 Tbsp.	6 tsp.	30 ml.
$\frac{1}{16}$ c	$\frac{1}{2}$ oz.	1 Tbsp.	3 tsp.	15 ml.



Chocolate Turtle Cheesecake



Chocolate Turtle Cheesecake

INGREDIENTS:

- 1 (7 oz. package) caramels
- ¼ cup evaporated milk
- ¾ cup chopped pecans, divided
- 1 (9-inch) chocolate crumb pie crust
- 8 oz. package of cream cheese, softened
- ½ cup sour cream
- 1 ¼ cups low-fat milk
- 1 (3.9 oz.) package chocolate instant pudding mix
- ½ cup fudge or caramel topping

DIRECTIONS:

Place caramels and evaporated milk in heavy saucepan. Heat over medium-low heat, stirring continually until smooth, about 5 minutes. Stir in ½ cup chopped pecans. Pour into pie crust. Combine cream cheese, sour cream and milk in blender. Process until smooth. Add pudding mix, process for about 30 seconds longer. Pour pudding mixture over caramel layer, covering evenly. Chill, loosely covered, until set, about 5 minutes. Optional: drizzle fudge or caramel topping over pudding layer in a decorative pattern. Sprinkle with remaining pecans.

Servings: 12

Nutrition Facts: Calories: 235; Fat: 13g; Protein: 5g; Calcium: 10% DV

Easy Cheeseball



Easy Cheeseball

INGREDIENTS:

8 oz. package of cream cheese

2 cups of shredded Cheddar cheese

1 (1 oz.) package of ranch-style dressing mix

DIRECTIONS:

Combine all and form into a ball. Refrigerate for at least 2 hours.

Variation: Roll cheeseball into crushed nuts before refrigerating.

Servings: 12

Nutrition Facts: Calories: 150; Fat: 13g; Protein: 6g; Calcium: 10% DV

Old-fashioned Cream Pie



Old-fashioned Cream Pie

INGREDIENTS:

- 1 pint heavy cream
- 4 Tbsp. sugar
- 2 Tbsp. flour
- 1/8 tsp. salt
- 2 egg whites, slightly beaten
- 1 tsp. vanilla
- 1 pie shell, baked
- Whipped cream topping

DIRECTIONS:

Heat cream over low heat. Add sugar, flour and salt. Cook until thickened, stirring constantly. Remove from heat, add egg whites and vanilla. Pour into pie shell and bake at 400° F for 15 minutes. Chill and cover with whipped cream topping.

Makes 1 (9-inch) pie.

Servings: 8

Nutrition Facts: Calories: 330; Fat: 28g; Protein: 3g; Calcium: 3% DV

Apple Salad with Yogurt Dressing



Apple Salad with Yogurt Dressing

INGREDIENTS:

- 3 apples, diced
- 4 oz. of Swiss, Cheddar, or Gouda cheese, shredded or cubed
- ½ cup diced celery
- ½ cup of dried cherries or cranberries
- 1 Tbsp. thinly sliced green onion
- ¼ cup chopped, toasted walnuts or pecans
- ½ cup of plain yogurt
- ¼ cup of plain Greek yogurt
- 1 tsp. frozen apple juice concentrate
- 1 tsp lemon juice
- 4 lettuce leaves (optional)

DIRECTIONS:

For salad: In medium bowl combine apples, cheese, celery, cherries, green onion and nuts.

For dressing: In small bowl stir together yogurts, apple juice concentrate and lemon juice. Toss gently with apple mixture. Serve on lettuce leaves, if desired.

Servings: 12

Nutrition Facts: Calories: 320; Fat: 13g; Protein: 19g; Calcium: 28% DV

Hot Pizza Dip



Hot Pizza Dip

INGREDIENTS:

- 6 oz. cream cheese
- ½ cup sour cream
- 1 tsp. oregano
- ½ cup pizza sauce
- 1 cup low-moisture, part skim Mozzarella cheese, shredded
- ½ cup Parmesan cheese, grated
- ¼ cup diced red peppers
- ¼ cup sliced green onions
- Whole wheat bread sticks or crackers

DIRECTIONS:

Combine cream cheese, sour cream and oregano in bowl; stir until smooth. Spread evenly into 9-inch pie plate or quiche pan. Top with pizza sauce, cheeses, peppers and onions. Bake at 350° F for 10 minutes, or until cheese is melted. Serve with whole wheat bread sticks or crackers.

Servings: 10 (4 Tbsp./Serving)

Nutrition Facts per Serving: Calories: 140; Fat: 10g; Protein: 7g; Calcium: 25% DV

Cheddar Roasted New Potato Bites



Cheddar Roasted New Potato Bites

INGREDIENTS:

Potatoes:

- 12 small new potatoes (about 2" in diameter)
- 1 Tbsp. olive oil
- Salt and freshly ground black pepper

Filling:

- 1 ½ cups (6 oz.) shredded sharp Cheddar cheese
- 6 Tbsp. green onion, finely chopped
- 6 slices bacon, cooked crisp and crumbled
- 1 Tbsp. spicy brown mustard
- 1 tsp. horseradish

DIRECTIONS:

Preheat oven to 425° F. Clean potatoes and cut in half. With a melon baller or sharp spoon, scoop out a small amount of potato from each half. Place potatoes cut-side up in shallow roasting pan. Brush lightly with olive oil and sprinkle with salt and pepper. Bake 20 minutes; turn potatoes over and cook until tender, about 5-10 more minutes. Remove from oven and transfer to cooling rack. Cool slightly.

For filling, mix Cheddar cheese, onion, bacon, mustard and horseradish in a medium bowl. Spoon a heaping teaspoon of cheese mixture into the center of each cooked potato. Return to the baking sheet and place in oven until cheese melts, about 3 minutes.

Servings: 4

Cheddar Apple Coffee Cake with Maple Drizzle



Cheddar Apple Coffee Cake with Maple Drizzle

INGREDIENTS:

Coffee Cake:

- 3 cups apples, peeled and chopped
- 2 cups Cheddar cheese, shredded
- 1 can (12 oz.) refrigerated flaky biscuits
- ½ cup brown sugar, firmly packed
- ¼ tsp. apple pie spice
- ¼ cup pure maple syrup
- 1 egg, lightly beaten
- ½ cup pecans or walnuts, chopped

Maple Drizzle:

- 4 oz. cream cheese, softened
- ⅓ cup confectioners sugar
- 3 Tbsp. maple syrup

Nutrition facts: Calories: 454; Fat: 22g; Protein: 18g; Calcium: 20% DV

DIRECTIONS:

Preheat oven to 350° F. In a 9-inch square, nonstick baking dish, evenly spread half of the apples and half of the Cheddar cheese over the bottom of the pan. Separate biscuit dough into individual biscuits; cut each biscuit into fourths. Arrange biscuit pieces, pointed ends up, over the apple and cheese mixture. Top evenly with remaining apples and cheese.

In a small mixing bowl, combine brown sugar, apple pie spice, maple syrup and lightly beaten egg, mixing well. Stir in nuts.

Spoon mixture evenly over biscuit pieces and apple mixture in pan. Bake for 35 to 45 minutes, or until nicely browned. Cool for 10 minutes.

For maple drizzle: whisk cream cheese, confectioners sugar and maple syrup to create a consistency that allows easy drizzling. (Additional maple syrup may be added if needed.) Drizzle over warm coffee cake.

Servings: 9



Easy Cheesy Chicken Enchiladas with Yogurt Sauce



Easy Cheesy Chicken Enchiladas with Yogurt Sauce

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 $\frac{1}{2}$ cup of the salsa; mix well. Add $\frac{1}{2}$ cup shredded cheese; stir until melted.

Spoon about $\frac{1}{3}$ cup of the chicken mixture onto each tortilla; roll up. Place seam side down in 12x8-inch 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.

Servings: 8

Nutrition Facts per 1 enchilada serving: Calories: 290; Total Fat: 13g; Protein: 21g; Calcium: 25% DV

Marvelicious Mac and Cheese



Marvelicious Mac and Cheese

INGREDIENTS:

- 2 cups uncooked elbow macaroni
- 2 ½ cups low-fat milk
- 1 Tbsp. butter
- 3 Tbsp. all-purpose flour
- ¾ tsp. salt
- ½ tsp. dry mustard
- 8 oz. shredded reduced-fat sharp Cheddar cheese
- 2 oz. shredded reduced-fat sharp Cheddar cheese (optional topping)

DIRECTIONS:

Preheat oven to 375° F. Cook macaroni according to package directions and drain.

In the same saucepan, heat milk and butter over medium heat until butter melts. Gradually whisk in flour, salt and dry mustard and simmer for 1 minute, whisking occasionally. Make sure sauce has a creamy consistency and has thickened before removing from heat.

Remove from heat; stir in 8 oz. of the cheese and stir until melted. Add drained macaroni to saucepan and toss with cheese sauce. Transfer to an 8- or 9-inch square baking dish. Top with additional cheese, if using.

Bake uncovered until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

Servings: 6

Nutrition facts per serving: Calories: 225; Fat: 8g; Protein: 8g; Calcium: 40% DV

Tomato-Basil Soup



Tomato-Basil Soup

INGREDIENTS:

- 8 ripe plum tomatoes or 1 (16-oz.) can of tomatoes (drained)
- 1 medium chopped onion
- 1 Tbsp. olive oil
- 2 cloves garlic, crushed
- 1 pinch ground red pepper
- 1 Tbsp. chopped fresh basil or 1 teaspoon dried basil
- 2 cups low-fat milk
- Salt
- Fresh basil leaves for garnish (optional)

DIRECTIONS:

If using fresh tomatoes, in a large pot of boiling water, blanch ripe tomatoes for 10 seconds. Transfer to colander; cool slightly. Peel off skin. Cut tomatoes in half; remove seeds and chop. In a medium saucepan, cook onion in olive oil over medium heat, stirring frequently, until golden brown, about 4 minutes. Add garlic and cook 1 minute longer. Add chopped tomatoes and cook uncovered over medium heat for 20 minutes. If using canned tomatoes, decrease cooking time to 10 minutes. Spoon $\frac{3}{4}$ of mixture into food processor or blender container; puree until smooth.

Return puree to saucepan. Add red pepper, basil and milk to the soup. Heat until hot, but do not boil. Season to taste with salt. Divide soup into two warm bowls and serve immediately. Garnish with fresh basil leaves, if desired.

Servings: 2 (2 cups/serving)

Nutrition facts: Calories: 220; Fat: 12g; Protein: 10g; Calcium: 25% DV

Yogurt Breakfast Parfait



Yogurt Breakfast Parfait

INGREDIENTS:

1 cup low-fat vanilla yogurt

½ cup crunchy low-fat cereal or granola,
divided

½ cup fresh fruit, sliced
(e.g. strawberries, blueberries, pineapple)

DIRECTIONS:

To assemble parfait, begin with ½ cup yogurt in the bottom of a bowl or tall glass. Add 2 Tbsp. cereal and ¼ cup fruit. Repeat. Top with the remaining 2 Tbsp. of cereal.

Servings: 1

Nutrition Facts: Calories: 460; Protein: 17g; Fat: 6g; Calcium: 40% DV

Perfect Hot Cocoa



Perfect Hot Cocoa

INGREDIENTS:

½ cup sugar

¼ cup cocoa power

Dash salt

⅓ cup hot water

4 cups (1 qt.) low-fat milk

¾ tsp. of vanilla extract

Sweetened whipped cream (optional)

DIRECTIONS:

Stir together sugar, cocoa and salt in medium saucepan; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes. Add milk; stirring constantly, heat to serving temperature. Do not boil. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy. Serve topped with whipped cream, if desired.

Microwave Single Serving:

Combine 1 heaping Tbsp. cocoa powder, 2 Tbsp. of sugar and dash salt in microwave-safe cup or mug. Add 2 teaspoons cold milk; stir until smooth. Fill cup with milk. Microwave at HIGH (100%) 1 to 1 ½ minutes or until hot. Stir to blend; serve.

Tip: For spiced cocoa, add ⅛ teaspoon of ground cinnamon and ⅛ teaspoon nutmeg.

Servings: 4

Nutrition Facts: Calories: 212; Fat: 3.5g; Protein: 9g; Calcium: 30% DV

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Cheesy Cheddar Cornbread Squares



Cheesy Cheddar Cornbread Squares

INGREDIENTS:

1 package corn muffin mix, plus ingredients to make mix

Nonstick cooking spray

1 small onion, thinly sliced

½ cup red pepper, thinly sliced

½ cup green pepper, thinly sliced

1 tsp. oregano

1 ½ cup shredded low-fat mild Cheddar cheese, divided

DIRECTIONS:

Preheat oven to 400° F. Prepare corn muffin mix batter as directed on package. Spray an 8-inch square or round pan with nonstick cooking spray. Pour batter into pan. Bake 15 minutes, or until lightly browned. Do not remove cornbread from the pan.

While bread is baking, heat a skillet with nonstick cooking spray. Add onions and peppers; sauté until soft. Stir in oregano; set aside.

Sprinkle 1 cup of the cheese over baked bread; top with vegetable mixture and remaining ½ cup of cheese. Bake 5 minutes, or until cheese is melted. Cut into 2 inch squares to serve.

Servings: 8 (1 2-inch square/serving)

Nutritional Facts: Calories: 190; Fat: 8g; Protein: 8g; Calcium: 20% DV

Submitted by: Makers of LACTAID® Brand Products

Chunky Baked Potato Chowder



Chunky Baked Potato Chowder

INGREDIENTS:

- 2 slices bacon
- 1 cup chopped onion (about 1)
- ½ cup chopped carrots (about 1)
- ½ cup chopped celery (about 2 stalks)
- 4 cups low-fat milk
- 2 Tbsp. flour
- 2 tsp. paprika
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 cup shredded Cheddar cheese
- 3 Russet potatoes, cut into bite-sized pieces

DIRECTIONS:

In a large skillet, cook bacon until crisp. Remove from pan, crumble and set aside. Add onion, carrot and celery to bacon drippings and sauté over medium heat until onions are soft (about 10 minutes). Meanwhile, in a large pot over medium heat, whisk together milk, flour, paprika, salt and pepper. Bring to a boil and stir for one minute. Reduce heat and slowly add in cheese, stir constantly until melted. Add cooked onions, carrots, celery and potatoes; stir well. Heat until all ingredients are warm. Serve with a sprinkling of bacon crumbles.

Variation: For a thicker, creamier soup, puree 2 cups of chowder in blender. Pour back into pot and stir thoroughly.

Servings: 6

Nutrition Facts: Calories: 260; fat: 9g; protein: 14g; Calcium: 35% DV

Maple Cooler



Maple Cooler

INGREDIENTS:

2 Tbsp. maple syrup

¼ tsp. vanilla

1 cup low-fat milk

Dash salt

Whipped cream topping (optional)

Chopped pecans (optional)

DIRECTIONS:

Combine ingredients and beat 1 minute. Top with whipped cream and chopped pecans, if desired.

Servings: 1

Nutrition Facts: Calories: 215; Fat: 3g; Protein: 9g; Calcium: 25% DV