



Delicious Dairy Recipes

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The Food Guide Pyramid calls for 2-3 servings daily from the Milk, Yogurt and Cheese group, our most readily available food source of calcium. Many people think calcium is only important for growing children and older women. While it is important for them, **everyone** – boys and girls, teenagers, men and women – **needs calcium**. Getting enough calcium throughout life keeps bones healthy and bodies strong by preventing osteoporosis. With all that calcium has going for it, it is worth it to make calcium a priority in your diet. You'll even be surprised with how easy it is.

Easy Cheese Lasagna

Serves 6

- 1 can (15 oz.) tomato sauce
- 1 jar (16 oz.) spaghetti sauce
- ½ cup grated Parmesan cheese
- 9 lasagna noodles, uncooked
- 1 pkg. (8 oz.) shredded reduced-fat mozzarella cheese
- 16 oz. low-fat cottage cheese



Combine tomato and spaghetti sauces; set aside. Combine cottage and Parmesan cheeses; set aside. In a buttered 12 x 8 inch baking pan place 3 lasagna noodles; cover with one-third sauce mixture, one-third cottage cheese mixture and one-third shredded mozzarella cheese. Repeat layering two more times with noodles, sauce and cheeses; cover dish tightly with foil. Bake for 1 hour at 350°. Let stand for 15 minutes before serving.

Per serving: 425 calories; 13 g fat; 425 mg calcium

Shaken, Baked Chicken Parmesan Nuggets

Serves 5

- ½ cup all-purpose flour
- ¼ cup grated Parmesan cheese
- 1 cup seasoned bread crumbs
- ¾ cup fat-free buttermilk
- 1 pound boneless, skinless chicken breast, cut into small chunks or strips

Add chicken pieces one at a time to the flour in a zip lock bag and shake until coated. Dip each piece of chicken into the buttermilk, covering thoroughly, and letting extra buttermilk drain off. Then place each chicken chunk one at a time into the zip lock bag with Parmesan cheese and bread crumbs and shake to cover. Bake at 400° for 5 minutes. Flip and cook for another 5 minutes or until done.

Per serving: 175 calories; 4 g fat; 485 mg sodium; 272 mg calcium

Cheesy Stuffed Potato

Serves 1

- 1 large potato, baked
- ½ cup low-fat plain yogurt
- 1 cup steamed vegetables, such as broccoli and red bell pepper, coarsely chopped
- ¼ cup sharp reduced-fat Cheddar cheese, grated
- pepper to taste



Slice baked potato lengthwise. Carefully scoop out potato, leaving about 1/4" of pulp inside the shell. Mash the potato in a medium mixing bowl. Mix in the yogurt, black pepper, and cooked vegetables. Spoon mixture back into potato shell. Top with cheddar cheese, bake for 10-15 minutes at 425°.

Per serving: 460 calories; 12 g fat; 338 mg sodium; 483 mg calcium

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Marvelicious Mac and Cheese

Serves 4

- 2½ cups fat free milk
- 2 cups uncooked elbow macaroni (7 oz.)
- 1 Tbsp. butter
- 3 Tbsp. flour
- ¼ tsp. salt
- ½ tsp. dry mustard
- 2 cups shredded reduced-fat sharp cheddar cheese
- ½ cup shredded reduced-fat sharp cheddar cheese (for optional topping)



Cook macaroni according to package directions. Meanwhile, heat milk and butter in a medium saucepan over medium heat. Gradually whisk in flour, salt and dry mustard and simmer for 1 minute, whisking occasionally. Remove from heat; stir in 2 cups of cheese until melted. Add drained macaroni to saucepan and toss with cheese sauce. Transfer mixture to an 8- or 9-inch square baking dish. Bake at 375° uncovered until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

Variation: Saute some chopped red pepper and broccoli florets in the butter before adding the flour for a gourmet version of this comforting creation.

Per serving: 285 calories; 8 g fat; 33 g carbohydrates; 635 mg sodium; 582 mg calcium

Holiday Trifle

Serves 10

- 1 (0.9 oz.) pkg. sugar-free instant vanilla pudding
- 1 (8 oz.) fat and sugar-free fruited yogurt
- 1 Angel Food cake, broken into bite-size pieces
- 1 ¾ cups skim milk
- 3 cups fruit, sliced



Within 2 minutes of making pudding mixture, start layering dessert. Make instant pudding with milk. Add yogurt. In a large serving bowl, layer half the cake pieces, a third of the fruit and half of the pudding mixture. Repeat layers. Arrange remaining fruit on top. Cover and refrigerate for at least 2 hours.

Per serving: 202 calories; 7 g fat; 48 g carbohydrates; 358 mg sodium; 139 mg calcium

Ravioli Lasagna

Serves 6

- 1 jar (16 oz.) spaghetti sauce, divided
- 1 bag (16 oz.) frozen mini ravioli
- 1 pkg. (8 oz.) shredded mozzarella cheese (2 cups)
- 1 pkg. (10 oz.) frozen chopped spinach, thawed and squeezed dry
- ¼ cup grated Parmesan cheese, divided

In an 8-inch square baking pan place 1 cup spaghetti sauce; top with half the frozen ravioli, half the mozzarella cheese, half the spinach and 2 tablespoons Parmesan cheese. Repeat layering. Bake at 350° uncovered, until ravioli are hot and cheese is golden, 35 to 40 minutes. Let stand 15 minutes before serving.

Per serving: 390 calories; 14 g fat; 39 g carbohydrates; 910 mg sodium; 578 mg calcium.

Quick Lemon-Cheese Dessert

Serves 6

- 1 pkg. (8 oz.) light cream cheese, softened
- 1½ cups skim milk
- 1 pkg. (4-serving size) lemon instant pudding and pie filling (try sugar free variety)
- 1 to 2 Tbsp. grated lemon peel
- 1 pkg. (6 oz.) graham cracker pie crust



Beat cream cheese and ½ cup of the milk in a small bowl until blended. Add remaining milk, the dry pudding mix and lemon peel. Beat on low speed 1 to 2 minutes or just until blended (do not underbeat). Pour cream cheese mixture into pie crust. Cover and refrigerate at least 1 hour but no longer than 24 hours. Cover and refrigerate any remaining dessert.

Per serving: 197 calories; 7 g fat; 25 g carbohydrates; 435 mg calcium

Sources:

3 – A – Day Recipes and Snacks
Betty Crocker's Good & Easy Cookbook
Dairy and Nutrition Council Mid-East
National Dairy Board
Speed Scratch Cooking with Cheese by Mr. Food