



Try
these
tasty
ideas!

Attractive enough to serve to company, nutritious enough to feed to family, tasty enough for all the above, and easy enough for... busy you. These recipes package nutrient-rich dairy foods with healthful fruits, vegetables and whole grains. Find more recipes at nationaldairyCouncil.org.

Frosty Pine-Orange Yogurt Smoothie (serves 2)

- 1½c orange juice
- 1¼c low-fat vanilla yogurt
- ½c pineapple chunks, drained

Combine all ingredients in a blender. Blend on high speed for 2 to 3 minutes or until frothy. Serve immediately.

Mango Yogurt Smoothie (serves 2)

- 10 ice cubes
- 2c fat-free plain yogurt
- 1½c mango slices, plus extra for garnish
- 1t sugar (optional)

Place ice in blender. Add yogurt, mango and sugar, if using. Blend ingredients until smooth. Serve immediately.

Southwest Corn Frittata with Crunchy Tortilla Ribbons (serves 4)

- 1c egg substitute
- 1c corn
- ¾c Cabot 50% Light Cheddar cheese, grated
- 2T fresh cilantro, chopped and divided
- 3 6" corn tortillas, cut into ½" ribbons
- 1sm onion, chopped
- 1T olive oil
- chunky tomato salsa

Preheat oven to 350°. Bake two of the cut tortillas in the oven for 3 to 5 minutes, until crisp and lightly browned (watch carefully); sprinkle with salt and set aside.

Whisk egg substitute in a medium bowl; mix in corn, cheese and 1 tablespoon cilantro. Sprinkle with salt and pepper. Stir in 1 cut tortilla; set aside. Saute onion in olive oil in a nonstick skillet over medium heat, until golden, about 5 minutes. Pour egg mixture into skillet and stir to blend. Cover skillet. Cook over low heat until eggs are almost set, about 8 minutes. Uncover skillet and sprinkle with remaining cilantro. Cut frittata into wedges and serve with tortilla ribbons and salsa.

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**WESTERN DAIRY
ASSOCIATION**

DAIRY COUNCIL

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Baked Apples with Cinnamon Yogurt (serves 4)

- 4 Granny Smith or Gala apples (with or without skins)
- ¼c unsweetened apple juice or apple cider
- ¼c brown sugar
- 2T cornstarch
- ½t cinnamon
- ¼t nutmeg
- ¼t salt

Preheat oven to 350°. Spray 8x8-inch baking dish with nonstick cooking spray; set aside. Core and thinly slice apples. Place in a medium bowl and toss with apple juice. In a small bowl, mix brown sugar, cornstarch, cinnamon, nutmeg and salt together. Sprinkle over apples and gently stir until apples are coated. Pour apples into prepared baking dish. Bake 40 minutes or until apples are slightly browned at edges and sauce is bubbling.

Cinnamon Yogurt Topping

- 2½c low-fat plain yogurt
- ¼t cinnamon
- 1T honey

Line a colander with several paper towels and place over a bowl to drain. Pour yogurt into colander and allow to drain, refrigerated, about an hour. Spoon yogurt into a small bowl and stir in honey and cinnamon.

For each serving, top a quarter of the warm apples with a quarter of the yogurt topping.

Confetti Quesadillas with Cilantro Yogurt Dip (serves 6)

- 12 soft corn tortillas
- 1c part-skim Monterey Jack cheese, shredded
- 1c part-skim Colby cheese, shredded
- ½c corn or black beans
- ½c cilantro, coarsely chopped
- 1 red bell pepper, finely minced
- 1 jalapeño pepper, finely minced

Preheat large skillet over low heat. Line up 6 tortillas. Divide cheeses, corn, cilantro and peppers between each tortilla and cover with a second tortilla. Place a quesadilla in the skillet and grill until the cheese is melted and the tortilla is slightly golden (about 3 minutes). Flip and cook the other side until golden (about 1 minute). Repeat with the remaining quesadillas. Cut into wedges; place a dollop of the cilantro yogurt dip on each wedge and serve.

Cilantro Yogurt Dip

- 2c plain fat-free yogurt
- ¼c cilantro, finely minced
- ½t salt

Line a colander with several paper towels and place over a bowl to drain. Pour yogurt into colander and allow to drain, refrigerated, about an hour. Transfer to a small mixing bowl and stir in the cilantro and salt.