



# Better For You Recipes



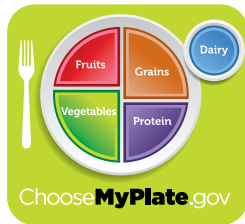
# Better For You Dairy Recipes

Dairy foods like milk, yogurt and cheese add creaminess, flavor and texture to baking and cooking. They are also a key part of a healthy eating pattern. Dairy foods provide important shortfall nutrients, including calcium and vitamin D to people's diets.

**MyPlate** recommends eating 3 servings of dairy, such as low-fat or fat-free milk, cheese and yogurt, each day.

This recipe collection features dairy delicious recipes that are better for you and taste great. They feature a variety of wholesome, nutrient-rich fruits, vegetables, grains and dairy foods that can be enjoyed as part of a healthy lifestyle for the entire family.

For more dairy nutrition information and mouth-watering recipes, visit [www.MilkMeansMore.org/recipes](http://www.MilkMeansMore.org/recipes).



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# Blueberry Buckwheat Pancakes

Prep time: 5 minutes  
Cook time: 15 minutes  
Serves: 4



# Blueberry Buckwheat Pancakes

## Ingredients:

- $\frac{3}{4}$  cup buckwheat flour
- $\frac{3}{4}$  cup all-purpose flour
- 2 tablespoons sugar
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 2 eggs
- $1\frac{3}{4}$  cups low-fat milk
- 2 tablespoons vegetable oil
- 1 teaspoon pure vanilla extract
- 2 cups fresh blueberries

## Instructions:

In a large bowl, whisk together the flours, sugar, baking powder, baking soda and salt. In a smaller bowl, beat the eggs, then add the milk, oil and vanilla and mix well. Stir the wet ingredients into the dry ingredients and mix to combine.

Preheat a griddle or large skillet over a medium heat. Using a  $\frac{1}{4}$  measuring cup, pour the batter onto the griddle. Gently place several blueberries all over the surface of the pancakes. Flip the pancakes when bubbles start to form around the edges, and when the bottoms are golden brown. Cook on the other side until golden brown, about 2 more minutes. Remove to a plate and cover to keep warm while the other pancakes are cooking.

Top the pancakes with additional blueberries and syrup before serving, if desired.



*Recipe by Sarah Bates of  
The Chef Next Door*

## NUTRITION INFORMATION

Serving Size: 4 pancakes

Calories: 380

Protein: 12g

Total Fat: 12g

Saturated Fat: 3g

Carbohydrate: 57g

Dietary Fiber: 5g

Calcium: 30%

Sodium: 670 mg



# PB & J Yogurt Smoothie

Prep time: 15 minutes

Servings: 1



# PB & J Yogurt Smoothie

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## Ingredients:

- ¼ cup orange juice
- ¼ cup plain Greek yogurt
- ¼ cup fresh strawberries, about 6 whole strawberries
- 1 small banana
- 1 tablespoon creamy peanut butter
- 5-6 ice cubes

## Instructions:

Add all the ingredients to the container of a blender, in the order listed above. Blend on high until smooth. Add additional ice cubes if you prefer a thicker smoothie.

Pour into a glass and serve immediately.



*Recipe by Sarah Bates of  
The Chef Next Door*

## NUTRITION INFORMATION

Serving size: 1 smoothie  
Calories: 270  
Protein: 11g  
Total Fat: 10g  
Saturated Fat: 2.5g  
Carbohydrate: 38g  
Dietary Fiber: 4g  
Calcium: 2%  
Sodium: 75 mg



# Fresh Fruit with Creamy Lime Dip

Prep time: 15 minutes

Servings: 8





# Fresh Fruit with Creamy Lime Dip

## Ingredients:

- 1 cup plain Greek yogurt
- 2 tablespoons granulated sugar
- 1 teaspoon grated lime peel
- Lime slice, optional
- Assorted cut-up fresh fruit (sliced apple, sliced banana, grapes, strawberries, watermelon chunks, etc.)

## Instructions:

In small bowl stir together yogurt, sugar, lime juice and 2 teaspoons peel. Serve immediately or cover and refrigerate for up to 72 hours.

Before serving, stir yogurt mixture. Garnish with additional lime (if desired). Serve with fresh fruit.



*Recipe by Marcia Stanley,  
MS, RDN, Culinary Dietitian*

## NUTRITION INFORMATION

Serving Size: 2 tablespoons dip  
+ 4 pieces of fruit  
Calories: 35  
Protein: 3g  
Total Fat: 0.5g  
Saturated Fat: 0g  
Carbohydrate: 5g  
Dietary Fiber: 0g  
Calcium: 4%  
Sodium: 10mg



# Ricotta & Balsamic Tomato Crostini

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 12



# Ricotta and Balsamic Tomato Crostini

## Ingredients:

- 1 pint cherry tomatoes, washed and dried
- ¼ cup balsamic vinegar
- 3 tablespoons extra virgin olive oil
- 1 teaspoon brown sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup part-skim ricotta cheese
- 1 demi or half baguette, sliced thinly on the diagonal

## Instructions:

Preheat oven to 300° F. Line a rimmed baking sheet with foil.

In a small bowl, toss tomatoes with vinegar, olive oil, brown sugar, salt and pepper. Place tomato mixture on the foil sheet in an even layer. Bake for 30 minutes or until tomatoes start to burst, stirring or shaking sheet tray about halfway through cooking. Let cool slightly on sheet tray.

Toast baguette slices in a toaster oven or under the broiler of your oven – watch them carefully as they brown quickly. Top each with a small spoonful of Ricotta cheese and then a couple tomatoes. Drizzle balsamic and olive oil from the sheet pan over crostini. Serve immediately.



*Recipe by Jenn Fillenworth, MS,  
RDN, of Jenny With the Good Eats*

## NUTRITION INFORMATION

Serving Size: 1 crostini

Calories: 100

Protein: 4g

Total Fat: 5g

Saturated Fat: 1.5g

Carbohydrate: 10g

Dietary Fiber: <1g

Calcium: 6%

Sodium: 150mg



# Broccoli, Carrot and Apple Salad

Prep time: 15 minutes

Servings: 6



# Broccoli, Carrot and Apple Salad

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## Ingredients:

- $\frac{3}{4}$  cup fat-free plain Greek yogurt
- $\frac{1}{3}$  cup mayonnaise
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- $\frac{1}{4}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon salt
- 4 cups broccoli florets
- 1 medium apple, cored and chopped
- $\frac{1}{2}$  cup shredded carrot
- $\frac{1}{4}$  cup finely chopped red onion

## Instructions:

For dressing, in small bowl whisk together yogurt, mayonnaise, vinegar, sugar, pepper and salt. Cover and refrigerate until needed.

In large bowl toss together broccoli, apple, carrot and onion. Spoon dressing over top. Toss until combined. Serve immediately or cover and refrigerate for up to 2 hours before serving.



*Recipe by Marcia Stanley, MS, RDN,  
Culinary Dietitian*

## NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 100

Protein: 5g

Total Fat: 3g

Saturated Fat: 0.5g

Carbohydrate: 15g

Dietary Fiber: 3g

Calcium: 8%

Sodium: 220mg



# Salmon with Lemon Quark

Prep time: 10 minutes

Cook time: 20 minutes

Servings: 4



# Salmon with Lemon Quark

## Ingredients:

### Lemon Quark Sauce

- 1 cup quark, plain
- 2 tablespoons lemon juice
- 2 tablespoons lemon zest
- 2 tablespoons minced garlic, divided

### Salmon

- 1 pound asparagus, trimmed
- 4 6-ounce filets salmon
- 1 tablespoon butter
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ cup dill, roughly chopped
- 8 thin slices lemon
- 1 tablespoon olive oil

## Instructions:

### Lemon Quark Sauce

To make lemon quark sauce, whisk together 2 tablespoons of lemon juice, 2 tablespoons of lemon zest and ½ teaspoon of minced garlic into 1 cup of plain quark. Season the lemon quark with salt and pepper. Let sit to develop flavors while the salmon bakes.

### Salmon

Preheat oven to 350 degrees F. Cut four pieces of parchment paper into large rectangles (14 x 12-inch). Fold the parchment paper in half and cut out a heart shape. Place asparagus on the

bottom half of the parchment paper then top with salmon filet. Brush each salmon filet with melted butter then sprinkle with salt, black pepper, remaining minced garlic, dill, and top each with two lemon slices. Seal the parchment paper by folding it in half and folding the edges over each other to close. Brush the packet and its edges with olive oil. Bake for 20 minutes.

Carefully remove the salmon packets from the oven and slice open (be careful, will be filled with hot steam). Top each salmon filet with ¼ cup of the lemon quark.



*Recipe by Jenn Fillenworth,  
MS, RDN, of Jenny with  
the Good Eats*

## NUTRITION INFORMATION

Serving Size: 1 salmon filet

Calories: 360

Protein: 39g

Total Fat: 19g

Saturated Fat: 5g

Carbohydrate: 11g

Dietary Fiber: 3g

Calcium: 15%

Sodium: 286 mg





# Vegetarian Stuffed Peppers

Prep time: 20 minutes

Chill time: 35 minutes

Servings: 6





# Vegetarian Stuffed Peppers

## Ingredients:

- 6 large sweet bell peppers
- ½ cup diced sweet onion
- 1 cup cherry tomatoes, sliced in half
- 1 cup frozen corn, thawed
- 1 ½ cups cooked black beans, plain (drained and rinsed if using canned beans)
- 2 cups cooked brown rice
- ½ teaspoon chipotle chili powder
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 ½ cups shredded Sharp Cheddar cheese, divided

## Instructions:

Preheat the oven to 350 F. Line a rimmed half sheet pan with non-stick aluminum foil.

Slice the tops off of the sweet bell peppers. Use a spoon to scoop the seeds and white membranes from the insides of the peppers. Discard the pepper tops and seeds. Place the peppers onto the prepared half sheet pan; briefly set aside.

In a large bowl, stir together the diced onion, cherry tomatoes, corn, black beans, and brown rice until combined. Sprinkle the chili powder, oregano, salt, and pepper over top before stirring to distribute the seasonings throughout. Fold 1 cup of the Cheddar cheese into the filling, reserving the remaining cheese for later.

Stuff the open cavities of the sweet bell peppers tightly with filling, mounding a bit of the filling over the top edge of the peppers. Sprinkle the remaining Cheddar cheese over top of the filling. Bake the stuffed peppers for 30 to 35 minutes or until filling is heated through, the peppers soften, and the exteriors begin to wrinkle. Serve immediately.



*Recipe by Kirsten Kubert  
of Comfortably Domestic*

## NUTRITION INFORMATION

Serving Size: 1 stuffed pepper

Calories: 320

Protein: 15g

Total Fat: 11g

Saturated Fat: 6g

Carbohydrate: 42g

Dietary Fiber: 9g

Calcium: 25%

Sodium: 420mg



# Cauliflower (or Broccoli) Gratin

Prep time: 20 minutes

Cook time: 5 minutes

Servings: 6



# Cauliflower (or Broccoli) Gratin

## Ingredients:

- 6 cups cauliflower or broccoli florets (about 12 oz.)
- ½ cup water
- 2 cups cold milk (skim)
- ¼ cup all-purpose flour
- 1 tablespoon mustard
- ½ teaspoon paprika
- ¼ teaspoon salt
- ⅔ cup shredded Cheddar cheese
- 2 tablespoons finely crushed corn flakes cereal

## Instructions:

In microwave-safe casserole combine cauliflower or broccoli and water. Microwave, covered, on high for 4 to 7 minutes or until crisp-tender. Drain well.

Meanwhile, in small saucepan whisk together cold milk, flour, mustard, paprika and salt. Cook, stirring constantly, over medium heat until boiling and thickened. Remove from heat. Stir in cheese, half at a time, until melted.

Pour about ⅓ of the cheese mixture in 8- x 8- x 2-inch baking dish. Top with cauliflower or broccoli. Pour remaining cheese mixture over top. Sprinkle with crushed cereal. Broil about 6 inches from the broiler element for 4 to 6 minutes or until starting to brown. Serve hot.



*Recipe by Marcia Stanley,  
MS, RDN, Culinary Dietitian*

## NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 130

Protein: 9g

Total Fat: 5g

Saturated Fat: 2.5g

Carbohydrate: 15g

Dietary Fiber: 3g

Calcium: 20%

Sodium: 250 mg



# Tomato Parmesan Soup

Prep time: 20 minutes  
Servings: 8



# Tomato Parmesan Soup

## Ingredients:

- 1 tablespoon butter
- 1 cup chopped onion
- ½ cup chopped carrot
- 2 cans (14.5 oz. each) diced tomatoes
- 2 cups reduced-sodium chicken broth
- 1 can (15 oz.) no-salt-added tomato sauce
- 2 teaspoons dried basil leaves
- 1 teaspoon dried thyme leaves
- 1 teaspoon sugar
- 1 cup half and half
- ½ cup grated Parmesan cheese
- Garlic croutons, optional

## Instructions:

Place butter in removable pan of a programmable pressure cooker, such as an Instant Pot. Place in pressure cooker. Using the sauté function, heat butter until melted. Add onion and carrot. Cook, uncovered, for 3 to 4 minutes or until tender, stirring frequently. Press cancel.

Stir in undrained tomatoes, broth, tomato sauce, basil, thyme and sugar. Secure lid and set pressure release to sealing function. Select high pressure setting and cook for 5 minutes. Press cancel.

Allow pressure to release naturally for 5 minutes. Move pressure release valve to venting function to release any remaining steam. Remove lid.

Using an immersion blender, purée the tomato mixture. Stir in half-and-half. Using sauté function, cook and stir, uncovered, just until heated through. Do not boil. Stir in cheese. Ladle into serving bowls. Top with croutons (if desired).



*Recipe by Marcia Stanley,  
MS, RDN, Culinary Dietitian*

## NUTRITION INFORMATION

Serving Size: 1 cup

Calories: 130

Protein: 5g

Total Fat: 7g

Saturated Fat: 4g

Carbohydrate: 14g

Dietary Fiber: 3g

Calcium: 15%

Sodium: 300 mg



# Grilled Pizza with Arugula Pesto, Corn and Ham

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 6



# Grilled Pizza with Arugula Pesto, Corn & Ham

## Ingredients:

### Arugula Pesto

- 2 cups fresh arugula, tightly packed
- 1 clove garlic
- 1 tablespoon lemon juice (about the juice of ½ lemon)
- Pinch red pepper flakes (optional)
- ½ cup shredded Parmesan Cheese

### Grilled Pizza

- ½ cup good extra virgin olive oil
- Salt and pepper, to taste
- 1 pound pizza crust dough (at room temperature if using a refrigerated dough)
- ½ cup arugula pesto
- ½ cup part-skim ricotta cheese
- ½ cup diced deli ham
- ½ to ¾ cup fresh corn kernels (1 cob)
- ¼ cup thinly sliced red onion
- ¼ cup shredded Parmesan Cheese

## Instructions:

Preheat grill to medium heat (350-400° F). For pesto, combine arugula, garlic, lemon juice, red pepper flakes and Parmesan in a blender or a small food processor. Pulse until combined and then, with the blender or food processor on, drizzle in olive oil until a pesto forms, scraping down sides as needed. Taste and season with salt and pepper as needed.

Flour pizza dough lightly and stretch or roll pizza to about ½-inch thickness (14 to 16-inch).

Sprinkle flour or cornmeal on a large unrimmed baking sheet or pizza peel. Transfer the pizza dough to the baking sheet or peel.

Brush grill grate to clean it and oil it with an oil-soaked paper towel and tongs (alternatively, you may use a pizza stone placed on top of the grill). Slide the dough off the baking sheet or peel onto the grill and cover and cook until it is bubbling on top and golden brown on the bottom, 2 to 3 minutes.

Carefully flip the dough over using the peel or tongs and baking sheet. If desired, pull it off the grill while you add toppings. Spread the pesto over the dough. Top with small dollops of Ricotta, and the rest of the toppings. Cover the grill and cook until the toppings are heated through and the bottom of the crust is crispy, 5 to 7 minutes.



*Recipe by Sarah Bates of  
The Chef Next Door*

## NUTRITION INFORMATION

Serving Size: 1 slice  
Calories: 350  
Protein: 14g  
Total Fat: 16g  
Saturated Fat: 4.5g  
Carbohydrate: 40g  
Dietary Fiber: <1g  
Calcium: 15%  
Sodium: 490 mg





# Baked Peach Custards

Prep time: 10 minutes

Cook time: 45 minutes

Servings: 6





# Baked Peach Custards

## Ingredients:

- 1 can (15 oz) sliced peaches, well drained
- 4 eggs
- 2 cups milk, 2%
- ½ cup sugar
- 2 teaspoons vanilla
- ⅛ teaspoon salt
- ¼ teaspoon ground nutmeg or cinnamon, (optional)
- Boiling water

## Instructions:

Cut peach slices into bite-size pieces. Pat dry with paper towels. Evenly divide peach pieces among six 8-ounce custard cups\*. Place custard cups in 13- x 9- x 2-inch baking pan. Set aside.

In medium bowl lightly beat eggs. Whisk in milk, sugar, vanilla and salt. Evenly pour egg mixture over peach pieces in custard cups. Sprinkle nutmeg or cinnamon on tops (if desired).

Place baking pan on oven rack. Pour boiling water into baking pan around custard cups to a depth of 1 inch. Bake at

325°F for 35 to 45 minutes or until knife inserted near center comes out clean.

Remove cups from water. Place on wire rack. Cool for 10 minutes. Serve warm or cover and refrigerate until serving time.

\*Tip: If you don't have custard cups, you can still prepare this recipe. Just place the peach pieces in a 1½-quart casserole. Place the casserole in a 13- x 9- x 2-inch baking pan. Pour the egg mixture over the peach pieces. Continue as directed above, except bake for 55 to 65 minutes.



*Recipe by Marcia Stanley,  
MS, RDN, Culinary Dietitian*

## NUTRITION INFORMATION

Serving Size: 8 ounces

Calories: 210

Protein: 7g

Total Fat: 5g

Saturated Fat: 2g

Carbohydrate: 34g

Dietary Fiber: <1g

Calcium: 10%

Sodium: 90mg



# Sweet Cherry Yogurt Pops

Prep time: 15 minutes

Chill time: 5 hours

Servings: 10



# Sweet Cherry Yogurt Pops

## Ingredients:

- $\frac{2}{3}$  cup sugar
- $\frac{2}{3}$  cup water
- 2 cups fresh sweet cherries, pitted
- 1 cup plain Greek yogurt
- 1 teaspoon pure vanilla extract

## Instructions:

Make the simple syrup by adding the sugar and water to a small saucepan and bringing to a simmer over low heat, just until the sugar has melted. Set aside to cool slightly.

Add all of the ingredients to the container of a blender and blend until smooth.

Divide the mixture evenly into 10 popsicle molds. Add the popsicle sticks, then freeze until firm, about 5 hours. Remove the popsicles from the molds and place in a freezer safe bag until ready to eat.



*Recipe by Sarah Bates of  
The Chef Next Door*

## NUTRITION INFORMATION

Serving Size: 1 pop

Calories: 90

Protein: 3g

Total Fat: 0.5g

Saturated Fat: 0g

Carbohydrate: 19g

Dietary Fiber: <1g

Calcium: 4%

Sodium: 10mg



# Overnight Oatmeal Bars

Prep time: 10 minutes

Chill time: 1 hour

Servings: 8



# Overnight Oatmeal Bars

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## Ingredients:

- 1½ cups old-fashioned oats
- 1 cup almonds
- ½ cup dried raisins
- ¾ cup fat-free vanilla yogurt
- 1 medium apple, diced
- 1 teaspoon cinnamon

## Instructions:

Combine all of the ingredients in a food processor. Cover and process until a ball forms, stopping occasionally to scrape down sides of bowl with spatula.

Line 9-inch loaf pan with foil. Empty food processor bowl into loaf pan, pressing down mixture with spatula.

Freeze for at least one hour to firm up. Remove from freezer and refrigerate until ready to serve. Slice into bars, and serve. Can also be covered and refrigerated overnight.



*Recipe by Katie Serbinski, MS,  
RDN, of Mom to Mom Nutrition*

## NUTRITION INFORMATION

Serving Size: 1 bar

Calories: 220

Protein: 7g

Total Fat: 10g

Saturated Fat: 0.5g

Carbohydrate: 28g

Dietary Fiber: 5g

Calcium: 10%

Sodium: 75mg

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**MILK**  
MEANS MORE

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with fun flavor inspirations  
featuring fresh, wholesome  
milk, cheese and yogurt,  
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