

Field Goal Fruit Salsa

Yield: 3 cups (12 servings)

Ingredients:

- 2 medium Granny Smith apples
- 1 1/2 cups strawberries, diced
- 2 kiwi, peeled and diced
- 1 small orange
- 2 tablespoons packed brown sugar
- 2 tablespoons apple jelly or apricot jam

Directions:

1. Peel, core and slice apples. Coarsely chop apple slices. Dice strawberries and kiwi. Place in small bowl.
2. Zest orange to measure 1 teaspoon zest. Juice orange to measure 2 tablespoons juice. Add orange zest, juice, brown sugar and jelly to fruit mixture; mix gently. Refrigerate until ready to serve.
3. Spoon into serving bowl. Serve with Baked Cinnamon Chips (recipe below).

Recipe from Pampered Chef

Crunchy Cinnamon Chips

Yield: 12 servings

Ingredients:

- 12 whole wheat flour tortillas
- 2 tablespoons cinnamon
- 2 cups sugar
- Small bowl of water

Directions:

1. Preheat oven to 350°F.
2. Line a cookie sheet with parchment paper and set aside.
3. Combine cinnamon and sugar in a small bowl and set aside.
4. Cut tortilla into triangles.
5. Dip tortilla triangles into water and then immediately into cinnamon and sugar mixture.
6. Place on cookie sheet and bake for 15 minutes or until crisp.



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Recipes from the 2018 - 2019 Rally for School Health

TJ Lang Tree Salad

Yield: 12 servings - 1/2 cup each

Ingredients:

- 3/4 cup low-fat mayonnaise
- 1/2 cup sugar
- 2 tablespoons white vinegar
- 2 tablespoons plus 2 teaspoons 1% white milk
- 1 pound broccoli florets, fresh
- 1 cup walnuts, chopped (optional)
- 1/4 cup fresh red onions, diced
- 3/4 cup plus 1 tablespoon dried cranberries

Directions:

- Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
- Combine broccoli, walnuts (optional), onions, and dried cranberries in a large bowl. Toss lightly. Set aside for step 3
- Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
- Refrigerate until serving.

Dips

Honey Mustard Yogurt Dressing

Yield: 6 servings

Ingredients:

- 1 cup plain low fat yogurt
- 3 tablespoons sweet honey deli-style mustard
- 2 teaspoons honey
- 1 teaspoon salt
- 1 teaspoon sugar

Directions:

- Stir all ingredients together until well blended.
- Store in refrigerator until ready to serve.

Sassy Carrot Dip

Yield: 6 servings

Ingredients:

- 1 cup chilled, cooked carrots
- 1 cup low fat vanilla yogurt
- 1 teaspoon buffalo hot wing sauce
- 1/2 teaspoon dried dill

Directions:

- Puree carrots until smooth.
- Add all other ingredients. Mix thoroughly.
- Refrigerate immediately.

White Bean Ranch Dip

Yield: 16 servings

Ingredients:

- 3/4 cup white beans, cooked
- 1/2 cup non-fat Greek yogurt
- 1/2 cup cottage cheese
- 1/4 cup dry Ranch Spice mix

Directions:

- If beans are dry, soak overnight in cold water, under refrigeration. Cook until very tender, strain and cool. If canned, drain and rinse and place in bowl.
- Combine all ingredients in a food processor and blend until smooth and creamy.
- Refrigerate immediately.

Roary Wraps

Turkey & Ham Wrap

Yield: 5 servings - 1 wrap each

Ingredients:

- 7.5 ounces turkey, smoked, low-sodium
- 5 ounce ham, smoked, low-sodium
- 5 whole grain 8-inch tortilla
- 2.5 oz American cheese slices
- Romaine lettuce, diced tomato (optional)

Directions:

- To assemble wrap, layer each tortilla with 1.5 ounces of turkey, 1 ounce of ham and 0.5 ounce slice of cheese. Add romaine lettuce and diced tomatoes as desired.
- Roll wrap. If sandwiches are assembled in advance, cover with plastic wrap.

Sriracha Chicken Salad Wrap

Yield: 5 servings - 1 wrap each

Ingredients:

- 1/3 cup plain fat-free Greek yogurt
- 1 1/2 teaspoon Sriracha hot sauce
- 1/2 teaspoon granulated garlic
- 1 teaspoon dry minced onion
- 1/2 teaspoon canola oil
- 1-1/4 cup Asian Slaw (separate recipe)
- 10 oz. frozen, cooked diced chicken, thawed, 1/2" pieces
- 5 whole wheat tortillas

Directions:

- Place yogurt in bowl and mix with Sriracha hot sauce, garlic, onion, and oil. Mix thoroughly.
- Portion 1/2 cup slaw on to center of each tortilla. Then portion 2 oz. chicken on top of slaw.
- Place 1 tablespoon of yogurt mixture down center of chicken. Roll in the form of a burrito and seal.

Hummus Veggie Wrap

Yield: 5 servings - 1 wrap each

Ingredients:

- 1 1/4 cup hummus
- 2 cups spinach
- 2/3 cup carrots, grated
- 1 each cucumber
- 1/2 cup + 2 tablespoons cheddar cheese, reduced fat, shredded
- 5 - 8" whole grain tortillas

Directions:

- Rinse and drain spinach. Rinse and slice cucumber into 1/8 inch slices, cut slices in half.
- Spread 1/4 cup hummus on each wrap. Add 6 spinach leaves, 2 tablespoons of shredded carrot, 6 half moon slices of cucumber, and 1 ounce of cheddar cheese.
- Roll wrap and cut in half. Serve chilled.

Recipe from Winneshiek County Extension

Asian Slaw

Yield: 5 servings - 1/4 cup each

Ingredients:

- 3-1/4 cup packaged Cole Slaw mix
- 2 tablespoon +2 teaspoon plain fat-free Greek yogurt
- 1-1/2 teaspoon sugar
- 2 teaspoon sesame oil
- 1 teaspoon soy sauce
- 2-1/2 teaspoon rice vinegar
- 1-1/4 teaspoon mayonnaise, reduced fat/light
- 1/8 teaspoon dry ginger
- 1/4 teaspoon granulated garlic
- Pinch salt

Directions:

- Place Cole Slaw mix in large bowl.
- Combine remaining ingredients.
- Pour dressing over Cole Slaw mix and mix thoroughly.
- Refrigerate until ready to serve.
- Mix lightly before serving.

Huddle Up Parfait

Yield: 1 parfait

Ingredients:

- 1/2 cup (or 4 oz) low-fat vanilla yogurt
- 1/2 cup mixture of diced apple, cherries, and dried cranberries
- 3/4 cup Golden Grahams
- 1/4 cup fresh apples, diced and tossed in lemon juice

Directions:

- Place yogurt in a plastic cup.
- Add fruit mixture and stir slightly.
- Top with Golden Grahams. Garnish with apples.

Recipe from General Mills

Touch Down Parfait

Yield: 1 parfait

Ingredients:

- 1/4 cup blueberries
- 1/2 cup (or 4 oz) low-fat vanilla yogurt
- 1/4 cup strawberries
- 3/4 cup Cheerios

Directions:

- Place blueberries in the bottom of a plastic cup.
- Add yogurt, then layer strawberries on top of yogurt.
- Top with Cheerios before serving.

Recipe from General Mills

Running Back Berry Muffins

Ingredients:

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| 1 1/2 cups whole wheat flour | 2 eggs |
| 1 cup all purpose flour | 2 cups strawberry yogurt |
| 1/2 cup brown sugar | 1/2 cup vegetable oil |
| 1 teaspoon baking powder | 1 teaspoon vanilla |
| 1/2 teaspoon baking soda | 2 cups frozen blueberries |
| 1/2 teaspoon salt | |

Directions:

- Preheat oven to 350°F.
- Combine flours, sugar, baking powder, baking soda and salt in a large mixing bowl. Stir to mix.
- Combine eggs, yogurt, oil and vanilla in a medium mixing bowl. Mix well.
- Add yogurt mixture to flour mixture and stir until just combined. Do not over mix.
- Fold blueberries into muffin batter. Fill paper-lined or greased muffin bans about 3/4 full with batter.
- Bake 20 to 30 minutes, or until a wooden pick inserted in the center of a muffin comes out clean.

Yogurt Glaze: If desired, mix 2 tablespoons strawberry yogurt with 1/2 cup powdered sugar until smooth. Drizzle glaze over cooled muffins.

Recipe from General Mills