

yogurt

Easy ways to use plain or vanilla nonfat or low-fat yogurt.

Enjoy a cup of yogurt and get **the same calcium and protein as a cup of milk.**

create a yogurt breakfast bowl:

- Fill your bowl with yogurt, any breakfast cereal or granola and chopped fruit.
- Serve warm oatmeal with yogurt.



top with a spoonful:

- Top tomato soup, potatoes or chili with a spoonful of plain yogurt.
- Top waffles and pancakes with a spoonful of vanilla yogurt and sliced fruit or berries.
- Top spicy foods like tacos with a mixture of plain yogurt, lime juice and cilantro.



blend a smoothie:

- $\frac{1}{2}$ cup vanilla yogurt
- $\frac{1}{2}$ cup low-fat milk
- 1 cup frozen fruit

Blend yogurt, milk and frozen fruit together.



blueberry smoothie

mango smoothie

strawberry smoothie



crunchy chicken

- 3 boneless, skinless chicken breasts
- 1 cup low-fat plain yogurt
- 3 cups corn flakes, finely crushed

- Step 1** Cut chicken into strips. Coat chicken strips with yogurt. Roll in crushed corn flakes.
- Step 2** Sprinkle with salt and pepper.
- Step 3** Spray a baking sheet with a cooking spray. Place the chicken strips on the baking sheet. Spray the chicken lightly with the cooking spray.
- Step 4** Bake in a 375° oven for 30 minutes. Flip at 15 minutes.

Makes 3 servings - One serving (3 ounces) has 284 calories, 4 g fat, 406 mg sodium and 1 g fiber.

Curry Dip: Mix together $\frac{1}{2}$ cup plain yogurt, $\frac{1}{4}$ teaspoon curry and $\frac{1}{4}$ teaspoon garlic powder.

serve a snack:

- Top yogurt with chopped berries, bananas, peaches, pineapple, or mango.
- Stir applesauce into vanilla yogurt.
- Blend 1 cup vanilla yogurt with 1 cup orange juice. Enjoy as a drink, or freeze to make your own popsicles.



fix a dip:

Cinnamon Dip for Fruit

Mix together 1/2 cup vanilla yogurt, 1 tablespoon peanut butter and 1/4 teaspoon ground cinnamon.

Tip: Try 2 tablespoons applesauce in place of the peanut butter.

Dill Dip for Veggies

Mix together 1/2 cup plain yogurt, 1/2 cup low fat mayonnaise, 2 tablespoons dry dill weed and 1/2 teaspoon garlic powder.

Tip: For another flavor, add chopped cucumbers to the above ingredients.



3 layer dip

- 1/2 cup plain yogurt
- 1 cup hummus
- 1/4 cup finely chopped cucumbers
- 1/4 cup finely chopped tomatoes

Step 1 Spread hummus on a plate. Top with yogurt.

Step 2 Sprinkle with cucumbers and tomatoes on top.

Step 3 Serve with whole grain crackers.

Makes 8 servings - One serving (4 tablespoons) has 61 calories, 3 g fat, 126 mg sodium and 2 g fiber.



sunshine salad

- 2 cups shredded carrots
- 1/4 cup raisins
- 1/2 cup crushed pineapple, in juice, drained
- 1/2 cup low-fat vanilla yogurt

Wash, peel and shred carrots. Mix all ingredients in a large bowl and serve.

Makes 6 servings - One serving (1/2 cup) has 63 calories, 0.5 g fat, 40 mg sodium and 1.5 g fiber.

How to make your own Greek-style yogurt:

You can strain yogurt to make a thicker yogurt. (This is what Greek-style yogurt is.) Line a strainer with a paper coffee filter. Place the strainer over a bowl. Pour the yogurt in the strainer. Cover and refrigerate. Let yogurt strain for at least 2 hours or more.

Tip: Use the strained liquid (whey) in a smoothie. You will get calcium from it.



Use this Greek-style yogurt in place of half or all the mayonnaise in egg salad, tuna salad or chicken salad.

Try it in place of sour cream in dips too.



Keep yogurt in the refrigerator.
Use within 7 days after opening.

Yogurt will separate -
simply stir before eating.



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