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SP449 Dairy Foods - Cutting the Fat Keeping the Calcium

The University of Tennessee Agricultural Extension Service

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Low-Fat Ranch Dressing

1 cup buttermilk
3/4 cup reduced fat mayonnaise
1/4 cup plain nonfat yogurt
1 tablespoon fresh parsley, chopped
2 teaspoons fresh dill, chopped
or 1/2 teaspoon dried
1 1/2 teaspoons fresh basil,
chopped or 1/2 teaspoon dried
1/2 teaspoon Worcestershire sauce
1/4 teaspoon garlic powder
1/2 teaspoon onion powder

Combine all ingredients in a small bowl. Chill overnight to blend flavors. Keeps up to 2 weeks in the refrigerator.

Yield: 2 cups
Calories: 20 per tablespoon

Yogurt Tips

- Fold or stir yogurt gently into other ingredients. Avoid vigorous stirring — it breaks down yogurt's delicate structure.
- Before cooking, stir 2 tablespoons all-purpose flour or 1 tablespoon cornstarch into each cup of yogurt. When protected this way, yogurt can be cooked without curdling and separating. Avoid high temperatures and long cooking times.

Cottage Cheese Lasagne

1 lb. can tomatoes
15 oz. can tomato sauce
1 1/2 tablespoons oregano
1/4 teaspoon thyme
1 teaspoon basil
1 large onion, chopped
2 cloves garlic, minced
1 lb. ground beef
1/2 lb. lasagne noodles
12 oz. carton 1% milkfat cottage cheese
8 oz. part skim mozzarella cheese
1/3 cup grated Parmesan cheese

Simmer first 7 ingredients in a heavy saucepan about 15 minutes. In nonstick skillet, saute ground beef until browned. Drain fat well. Add meat to sauce. Cook noodles according to package directions. In 8-inch square dish, spread 1/2 cup of meat sauce. Layer cooked noodles, cottage cheese and mozzarella. Continue layering, ending with sauce. Sprinkle with Parmesan cheese. Bake at 350 F for 30 minutes.

Yield: 8 servings

Calories: Approx. 365 per serving

Appreciation is expressed to Brenda Shanks, former Program Resource Specialist, for assistance in preparing this brochure.

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The University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, and county governments cooperating in furtherance of Acts of May 8 and June 30, 1914.
Agricultural Extension Service Charles L. Norman, Dean

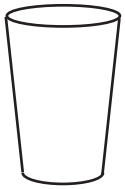
Agricultural Extension Service
The University of Tennessee
SP 449

DAIRY FOODS:

Cutting the Fat Keeping the Calcium

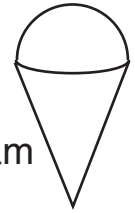
Yogurt (lowfat)
- Plain
- Fruit Flavored

Cheeses
- Mozzarella (part skim)
- Lowfat Cottage



Milk
- 1%
- Skim
- Buttermilk
- Nonfat Dry
- Evaporated Skim

Desserts
- Frozen Lowfat Yogurt
- Lowfat ice cream
- Sherbert



Dairy Foods: Cutting the Fat Keeping the Calcium

Gail W. Disney, Professor Emeritus, Family and Consumer Sciences

We never outgrow our need for calcium. Lowfat and nonfat dairy products are high in calcium but low in calories and fat. Lowering fat content while maintaining calcium levels is important for decreasing the risk of heart disease and osteoporosis. Adequate calcium also helps you control your weight.

- Use lowfat, skim or nonfat dry milk in place of whole milk in recipes.
- In recipes using mayonnaise or sour cream, replace half the mayonnaise or sour cream with nonfat or lowfat plain yogurt.
- Substitute part-skim milk cheeses such as mozzarella and farmer cheese for higher fat cheeses such as cheddar, American and Monterey Jack.
- Use lowfat or nonfat lemon or vanilla yogurt as a topping for fruit salad. Sprinkle with a crunchy cereal.

Note: Lowfat dairy foods should not be given to children under age 2.

Potato Toppers and Dips

Mock Sour Cream

1 cup lowfat cottage cheese
2 tablespoons lemon juice or 3 tablespoons buttermilk

Place ingredients in blender container, cover and process on medium-high until smooth and creamy. Add 1 or 2 tablespoons skim milk if thinner mixture is desired.

Yield: 1 1/4 cups
Calories: 10 per tablespoon

Green Onion Dip: After blending mock sour cream, add 1 tablespoon chopped chives, 1 tablespoon chopped green pepper and 1 or 2 chopped green onions (10 calories per tablespoon). Serve with taco chips or vegetables.

Fruit Dip: Combine 1 cup plain, low or nonfat yogurt, 1/4 cup apricot preserves, 1/8 teaspoon ground cinnamon and a pinch of nutmeg (16 calories per tablespoon).

Spicy Taco Dip: Combine 1 cup plain, low or nonfat yogurt, 3 tablespoons tomato paste, 1/2 teaspoon dry mustard, 1/4 teaspoon chili powder and 1 teaspoon finely chopped onion (14 calories per tablespoon). Serve with taco chips or vegetables.

Snacking Healthy

Baked Taco Chips: Cut tortilla (fresh or frozen) into eight pie-shaped pieces. Sprinkle lightly with garlic powder, onion powder and chili powder. Bake on cookie sheet at 400 F for 4-5 minutes on each side.
(3 calories per chip)

Milk, Yogurt and Cheese Group

Eat 2 to 3 servings daily

For this amount of food...	*Count this many...* Servings	Grams of Fat
Skim milk, 1 cup	1	Trace
Nonfat yogurt, plain, 8 oz.	1	Trace
Lowfat milk, 2%, 1 cup	1	5
Whole milk, 1 cup	1	8
Chocolate milk, 2%, 1 cup	1	5
Lowfat yogurt, plain, 8 oz.	1	4
Lowfat yogurt, fruit, 8 oz.	1	3
Natural chedder cheese, 1-1/2 oz.	1	14
Process cheese, 2 oz.	1	18
Mozzarella, part skim, 1-1/2 oz.	1	7
Ricotta, part skim, 1/2 cup	1	10
Cottage cheese, 2%, 1/2 cup	1/4	2
Ice cream, 1/2 cup	1/3	7
Lowfat ice cream, 1/2 cup	1/3	3
Frozen yogurt, 1/2 cup	1/2	2