

Knowledge @ Noon

“Delectable Dairy”



Wednesday, June 19, 2019

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

June is Dairy month. Dairy products are nutrient powerhouses. They are full of vitamins and minerals and help build strong bones and healthy muscles, control blood pressure, maintain a healthy weight, and reduce the risk of heart disease. The dairy group is part of the USDA My Plate food plan and includes milk, yogurt, cheese and fortified soymilk. These foods contain calcium, vitamin D, and potassium. Foods made from milk that retain their calcium content are also part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Dairy provides more for your money, especially when you consider all the nutrients you get from dairy products.

The amount of food from the Dairy Group you need to eat each day depends on your age. Children ages 2-8 need 2 to 2½ cups a day and 3 cups is recommended for everyone else. In general, 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup of dairy. Eating dairy product is linked to helping improve bone health and may reduce the risk of osteoporosis. Eating dairy products is especially important during childhood and adolescence, when bones are being built.

Choose dairy items that are low fat or fat-free to lower saturated fat and calories in your diet. If you usually drink whole milk, switch gradually to fat-free milk. Choose milk as a beverage at meals. Use milk instead of water when making hot cereals or condensed cream soups. Choose yogurt as a snack. Use yogurt to make smoothies, veggie or fruit dips, or fruit parfaits. Have pudding for dessert. Top casseroles, soups, stews, baked potatoes or vegetables with cheese. Top a baked potato with fat-free or low-fat yogurt instead of sour cream.

Consuming dairy products provides health benefits – especially bone health. Try to include them in your diet every day.

For more information, contact your local Extension Office

Nancy Frecks, Extension Educator, University of Nebraska Extension

MYPLATE DAIRY

Everything you need to know about this fantastic food group

Skip Saturated Fat!

According to MyPlate, "Choose fat-free or low-fat milk, yogurt, and cheese."

Why?

The kind of fat found in dairy products is usually saturated fat, which can be very bad for your health. Saturated fat increases your risk of chronic disease and is a source of empty calories.

Empty calories are calories that make you feel full but which don't offer any nutrients to improve your health. They can also displace other, more nutritious foods, which can then lead to a less healthful diet.

Follow MyPlate's advice and choose dairy foods that are either low-fat or fat-free. Skip added sugars whenever you can as well — these are also sources of empty calories.

What's in the Dairy Group?

The dairy food group includes fluid milks and milk products, cheese, yogurt, and calcium-fortified milk alternatives. What brings them together? Calcium. If a dairy food or dairy alternative has a lot of it, then that food is part of the dairy group. That's also why certain dairy products like butter aren't part of this food group — they don't have enough calcium.

Most adults generally need 3 cups of dairy foods per day. Your needs may vary due to age, gender, and physical activity levels. One cup of milk or a calcium-fortified milk alternative counts as a cup serving of a dairy food, as does a cup of yogurt, 1 and 1/2 ounces of natural cheese, or 2 ounces of processed cheese.





Goat milk

Nutrition Facts: Amount Per 1 cup (244 g) Calories 168

% Daily Value*: Total Fat 10 g 15% (Saturated fat 7 g 35%, Polyunsaturated fat 0.4 g, Monounsaturated fat 2.7 g)

Cholesterol 27 mg 9%, Sodium 122 mg 5%, Potassium 498 mg 14%, Total Carbohydrate 11 g 3%, Dietary fiber 0 g 0%, Sugar 11 g, Protein 9 g 18%,

Vitamin A 9%, Vitamin C 5%, Calcium 32%, Iron 0%, Vitamin D 31%, Vitamin B-6 5%, Cobalamin 3%, Magnesium 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

***Goat's milk is **not** recommended for infants because it doesn't have enough iron, folate, vitamins C and D, thiamin, niacin, vitamin B6, and pantothenic acid to meet an infant's nutritional needs, according to the U.S. Department of Agriculture. Babies who don't get enough iron or vitamin B develop anemia.

Source: USDA

Refreshing Beet Salad with Goat Cheese (4 servings)

4 medium beets (Canned beets can also be used)
1/3 cup chopped walnuts
3 tablespoons maple syrup

Dressing:

1/2 cup frozen orange juice concentrate
1/4 cup balsamic vinegar
1/2 cup extra virgin olive oil

Salad greens

4 ounces of goat cheese

Nutrition Facts	
servings per container	
Serving size	(212g)
Amount per serving	
Calories	500
	% Daily Value*
Total Fat 40g	61%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 135mg	6%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 27g	
Includes 9g Added Sugars	18%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 253mg	20%
Iron 1mg	6%
Potassium 567mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4 medium beets, scrubbed, trimmed and cut in half. Place beets in pan and cover with water. Bring to boil and cook 20 – 30 minutes until beets are tender. Drain, cool, peel and cut into cubes. Set aside. Note, canned beets may be used.

While beets are cooking, place 1/3 cup chopped walnuts in skillet over medium-low heat. Heat till warm and starting to toast, the stir in 3 tablespoons maple syrup. Cook and stir till evenly coated. Remove from heat and cool completely.

In small bowl whisk together 1/2 cup frozen orange juice concentrate, 1/4 cup balsamic vinegar and 1/2 cup extra virgin olive oil to make dressing.

Place a serving of mixed greens on 4 salad plates. Sprinkle walnuts over greens the cubed beets and top with an ounce of goat cheese on each plate. Drizzle with dressing.

Chickpea Salad with Goat Cheese (12 servings)

2 cans chickpeas, rinsed and drained
1-2 garlic cloves, finely minced
1 medium onion, thinly chopped
1 large red bell pepper, chopped
1 large cucumber, seeded
1/4 cup chopped olives
1 or 2 large tomatoes, seeded and chopped
1 cup goat cheese, cubed
Mix ingredients together in bowl. Add dressing. Mix gently.

Dressing Recipe

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1 tablespoon Maple syrup
2 teaspoons Dijon mustard
Dash of salt and pepper
Mix all ingredient together.

Mix dressing with chickpeas and vegetables. Refrigerate. Makes 10 – 12 (1/2 cup) servings.

Nutrition Facts	
servings per container	
Serving size	(170g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 218mg	4%

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Pecorino Crackers

Ingredients

- 1 1/4 cups grated pecorino Romano
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon cayenne (optional)
- 1 stick unsalted butter, softened
- 1 cup all-purpose flour

Directions

Preheat the oven to 350 degrees F.

Combine the cheese, salt, pepper, and cayenne in a medium bowl and stir to combine. Add the butter. Using a hand mixer, beat the cheese mixture and butter until combined. Add the flour 1/4 cup at a time, mixing only until incorporated and the mixture holds together.

Place tablespoon-sized balls of the dough on 1 or 2 parchment paper-lined baking sheets, tapping the dough down gently with your fingertips.

Bake until just beginning to brown at the edges, about 15 minutes.

Let cool on the baking sheet for a few minutes. Transfer to a serving plate

Nutritional Facts: Servings 24, Calories Per Serving 72. Total Fat 1 g., Sugar 1 g., Sodium, Na 77 mg., Calcium, Ca 21 mg., Protein 2 g., Carbohydrate 14 g.

Mini Frittatas with Ham and Cheese

Yield: 8 servings (3 frittatas)

- 1/2 cup finely chopped onion
- 2/3 cup chopped reduced-fat ham (about 2 ounces)
- 1/3 cup (about 1 1/2 ounces)
shredded reduced-fat extra-sharp cheddar cheese
- 2 tablespoons chopped fresh chives
- 1/8 teaspoon dried thyme
- 1/8 teaspoon black pepper
- 4 large egg whites
- 1 large egg

Preheat oven to 350 degrees.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add onion; sauté 2 minutes or until crisp-tender. Add ham: sauté 3 minutes.

Remove from heat: cool 5 minutes. Combine remaining ingredients in a large bowl: stir with a whisk. Add ham mixture, stirring with a whisk. Spoon mixture into 24 miniature muffin cups coated with cooking spray. Bake at 350 degrees for 20 minutes or until set. They taste great hot or at room temperature, so can be made in advance.

Nutrition Facts	
servings per container	
Serving size	(62g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 290mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 45mg	4%
Iron 0mg	0%
Potassium 17mg	0%

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Loaded Baked Frittata with Goat Cheese Makes 6 servings

- 8 large eggs
- ½ cup milk
- ½ cup finely diced bacon
- 1 cup milk
- ½ cup diced onion
- 1 cup red or orange peppers
- 1 small package spinach (about 5 ounces)
- 1 cup diced vegetables (asparagus, mushroom or your choice)
- 4 ounces Goat Cheese

Beat eggs, milk, ½ teaspoon each of salt and pepper until smooth. Set aside. Over medium heat, cook bacon in 10 – 12 cast iron skillet or an oven proof skillet. Cook till browned. Add onion, peppers and any other veggies you are using, other than spinach, until onions are translucent. Add spinach and let wilt. Reduce heat to low and pour in egg mixture. Stir till all is combined. Smooth the top and add small nuggets of goat cheese evenly on top. Place in 350 degree oven and bake until top is golden brown and eggs are set. Approx. 25 – 30 minutes. When you shake the skillet, the eggs shouldn't jiggle. Remove from oven, let set 5 minutes, cut into wedge, serve and enjoy. This also makes good sandwiches.

A good frittata recipe ratio: for every 6 eggs, use ¼ cup cream, 1 cup of cheese and 2 cups total of vegetables or meat of your choice. Mix and bake.

Goat Cheese Nuggets

- 4 ounces of goat cheese log cut into 8 slices.
- Coat slices in flour then into an egg that has been beaten well.
- Dip each slice into Italian seasoned panko.
- Drop into hot grease and fry till golden, approx.. 1 – 2 minutes per side.
- Drain on paper towel. Serve with marinara sauce if desired.

Cwen's Updated Graham Cracker Snacks

- 2 cups milk
- 1 ½ cup creamy peanut butter
- 1 small box instant chocolate pudding
- 1 box Graham crackers (3 sleeves) break in half, into squares

Directions:

Mix pudding and milk and allow to sit a few minutes until it begins to thicken. Stir in peanut butter. Spread about 1 – 2 tablespoons of mixture onto half of the Graham cracker squares and top with remaining square. Seal tightly in a plastic Container and freeze until hard. Let thaw a few minutes before eating. Makes 27.

Note: the easiest way to do this is to take half of your graham crackers and lay them on a sheet pan next to each other. Spoon the pudding mix over each cracker. Place remaining crackers on top. You will probably have some pudding left over, so you may be forced to eat it. 😊

Nutrition Facts: 27 servings. Calories 170. Total Fat 9 g. (Saturated fat 2 g.), Cholesterol 0 mg., Sodium 200 mg., Total Carbohydrates 18 g., Dietary Fiber 1 g., Total sugars 8 g.

Nutrition Facts	
servings per container	
Serving size	(177g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 270mg	90%
Sodium 340mg	15%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 1mcg	6%
Calcium 116mg	8%
Iron 2mg	10%
Potassium 246mg	6%

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Nutrition Facts	
servings per container	
Serving size	(33g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D --mcg	--%
Calcium 20mg	2%
Iron 0mg	0%
Potassium --mg	--%

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Dairy Free Creamsicles

Ingredients

3/4 c. freshly squeezed orange juice (two oranges)

1 t. orange zest

2 drops liquid stevia

2 ½ bananas

1/2 c. cashews

1/3 c. coconut water

Instructions

Place the cashews in a small bowl and cover with water. This helps them blend and create a creamy texture.

Squeeze the orange juice and add remaining ingredients to a high power blender.

Drain the cashews and add them to the blender.

Blend until everything is combined and creamy.

Pour mixture into popsicle molds and freeze for four hours.

Makes five fruit pops.

Healthy Homemade Fudgsicles

Ingredients

2 c. Greek yogurt

1/4 cup cocoa powder

1 – 2 T. maple syrup, to taste

Instructions

Place all ingredients in a smoothie blender and puree, or a bowl and mix.

Taste and adjust the sweetness to your personal preference.

Divide the mixture amongst 6 popsicle molds and freeze for 4 hours, or overnight.

Pop out (you may need to run them under hot water first) and serve.

Enjoy immediately.

From *In The Kids Kitchen*

Nutrition Facts	
servings per container	
Serving size	(126g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 387mg	8%

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Nutrition Facts	
servings per container	
Serving size	(145g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 6g Added Sugars	12%
Protein 12g	
Vitamin D 1mcg	6%
Calcium 140mg	10%
Iron 0mg	0%
Potassium 181mg	4%

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Coconut milk whipped cream

Have you heard of whipped coconut cream? Oh man, it's the stuff that dreams are made of. Rich, creamy coconut milk whipped cream is quite possibly the easiest thing you will ever make.

Ingredients/ Directions

The day before you would like to make your coconut whipped cream place 1 or 2 cans of coconut milk (depending on how much cream you are making) in the refrigerator and leave them there overnight to chill completely. The time in the fridge will allow the thick coconut cream to separate from the coconut water. I give my cans of coconut milk at least 24 hours in the fridge to chill, so I usually just keep a few on hand in the fridge at all times for whenever I get the urge to make some whipped cream. **When** you are ready to make your whipped topping, gather your ingredients. You'll need 2 chilled cans of full fat coconut milk, 1-2 tablespoons of maple syrup, and 1 teaspoon of vanilla extract. *Be mindful to keep the cans upright and move them from the refrigerator to the counter with minimal shaking so that the cream and water do not mix back together.* **Open** the cans and scoop out all of the hardened coconut cream into your mixing bowl. Don't throw out the coconut water, it is great mixed in smoothies and drinks! **Using** the whip attachment on your mixer, start on medium speed and increase to high. Whip for about 3-5 minutes, until you have thick, stiff peaks. Some brands of coconut milk whip up easier than others and in less time. **Once** stiff peaks have formed add in 1-2 tablespoons of maple syrup and 1 teaspoon of vanilla extract to the bowl. I used 1 tablespoon of maple syrup with 2 cans of coconut cream, but we don't like our whipped cream super sweet. **Once** the flavorings have been added to the bowl, mix again on medium speed until the flavorings have been completely incorporated.

Now you have rich, creamy coconut whipped cream to top all of your favorite desserts, pipe onto cakes and muffins, dollop in your coffee, or you can just eat it by itself with a spoon! It's THAT good.

From *Potluck-Ohmyveggies.com* Save

Almond Milk Ice Cream Recipe

Ingredients:

4 cups unsweetened almond milk	½ c. powdered erythritol
1 tablespoon vanilla extract	pinch salt
liquid stevia (to taste)	

Instructions

Whisk together the almond milk and erythritol in a medium saucepan over medium heat. Stir frequently until the almond milk is steaming then remove from heat. Whisk in the vanilla extract and salt along with the liquid stevia extract to taste then cool to room temperature. Pour the mixture into a container and freeze until solid. Defrost the ice cream for 10 minutes before scooping to serve. Serves 8

Nutritional Analysis: 25 calories, 2g fat, 0.5 g protein, 1 g net carbs

Dairy Delicious Dip

1 package (8 ounces) cream
cheese, softened
½ cup sour cream
¼ cup sugar
¼ cup packed brown sugar
1 to 2 Tbs maple syrup

In a small mixing bowl, combine
cream cheese, sour cream, sugars,
and syrup to taste; beat until
smooth. Chill. Serve with fresh fruit
Yield: 2 cups

Nutrition Facts	
servings per container	
Serving size	(58g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 105mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 0mg	0%
Potassium 48mg	2%

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Taste of Home

Homemade Ice Cream

1 ½ cup Egg Beater
2 cup Sugar
1 pint Whipping Cream
1 quart Half & Half
1 ½ Tbs Vanilla
Enough Whole Milk to fill 1 gal. ice
cream freezer can ¾ full

Combine egg beaters, sugar,
whipping Cream, and Half & Half
in a large bowl. Mix with a mixer
until sugar is dissolved. Add vanilla.
Some whole milk may be added if
necessary. Limit the amount of
whole milk so the freezer can does
not run over during the freezing

Nutrition Facts	
servings per container	
Serving size	(202g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 11g	55%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 120mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 14g Added Sugars	28%
Protein 7g	
Vitamin D 1mcg	6%
Calcium 193mg	15%
Iron 0mg	0%
Potassium 115mg	2%

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Baked Custard

1 Quart Milk
 ½ Cup Sugar
 ¼ tsp Salt
 4 Eggs, beaten slightly
 1 tsp Vanilla, Nutmeg, or
 cinnamon

Start oven 10 minutes before
 baking. Set oven to moderately slow
 (325°F). Butter 6 custard cups. Put
 milk, sugar, salt into top of double
 boiler; place over boiling water,
 cover and heat to scalding. Stir milk
 slowly into beaten eggs; add vanilla.
 Strain and pour all but ½ cup into
 cups. Beat this half cup until very

foamy then pour it carefully over
 cups. Add dash or two of nutmeg.
 Set cups in a shallow pan. Pour
 enough hot water to come up almost
 to top of cups. Set on center rack in
 oven. Bake until done, 25 or 30 min.
 This short baking time is possible
 only if custard mixture is hot when
 poured into cups and placed in oven
 immediately. Just before baking
 time is up, begin testing for doneness.
 Use a knife inserted 2/3 of the way
 from the side of the dish. Knife
 should be clean. Do not over bake,
 as baking too long or at too high
 temperature results wheying or

Meta Given's Modern Encyclopedia of Cooking.1959

Baked Custard

“weeping”. Use tongs to lift custard
 cups from hot water to a cake rack.
 Serve directly from the cups.
 Refrigerate the unused custard.

Nutrition Facts	
servings per container	
Serving size	(209g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 250mg	11%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 22g	
Includes 12g Added Sugars	24%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 259mg	20%
Iron 1mg	6%
Potassium 47mg	2%
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Meta Given's Modern Encyclopedia of Cooking.1959