



Food Group Focus: Get Your Calcium-rich Foods

Broccoli-Cheese Soup

1 cup chopped onion	1 bay leaf
1 16 oz. package frozen broccoli pieces	¾ cup shredded reduced-fat sharp Cheddar cheese
2 cups peeled, diced red potatoes (about ¾ pound)	1½ cups 1% milk
1 16 oz. can reduced sodium chicken broth	Dash pepper

1. Coat a large Dutch oven with cooking spray, place over medium heat until hot.
2. Add onion and sauté 5 minutes.
3. Add ½ package of broccoli and next 4 ingredients, bring to boil.
4. Cover, reduce heat and simmer 20 minutes or until vegetables are tender.
5. Discard bay leaf.
6. Puree broccoli mixture.
7. Return to pan; add cheese, milk, pepper and remaining broccoli.
8. Cook over medium heat until chopped broccoli is just tender, stirring until cheese melts.

Makes 7 one cup servings. *Per serving: 129 calories, 9 gm protein, 3 gm fat, 30 gm carbohydrates, 1 gm fiber, 9 mg cholesterol, 1 mg iron, 183 mg calcium, 269 mg sodium.*

Strawberry Banana Smoothie

1 cup nonfat or low fat vanilla yogurt	½ cup orange juice
1 cup frozen, unsweetened strawberries, slightly thawed	1 banana, sliced

Place all ingredients in a deep cup or pitcher and using a hand held blender, blend until smooth. Or... Place all ingredients in a blender and blend until smooth.

Makes 2 servings. *Per serving: 201 calories, 7 gm protein, 42 gm carbohydrates, 2 gm fat, 4 gm fiber, 6 mg cholesterol, 210 mg calcium, 0.6 mg iron, 76 mg sodium.*

Spinach Dip

1 cup yogurt cheese (See below)	1 box chopped spinach (thawed)
1 package Knorr Vegetable Soup Mix	2 tablespoons low fat mayonnaise
1 can water chestnuts, sliced	

Mix yogurt cheese, mayonnaise and soup mix in a large bowl. Drain thawed spinach well, squeezing out any excess moisture. Add to yogurt mixture. Chop water chestnuts and add to yogurt mixture. Refrigerate for several hours before serving. Serve with favorite veggies, whole wheat crackers or party rye.

Makes about 24 servings. *Serving size 2 tablespoons. Per serving: 31 calories, <1gm fat, 2 gm pro, 4 gm carbohydrate, < 1 gm fiber, 2 mg cholesterol, 1.88 mg iron, 89 mg calcium, 72 mg sodium.*

To Make Yogurt Cheese:

Begin with plain yogurt that does not contain starch, gums or gelatin. Line a colander with a double thickness of cheesecloth or place a coffee filter in a colander. Set over a large bowl. Spoon in yogurt, cover with plastic wrap and refrigerate overnight. Transfer the cheese to a separate container. Discard the liquid. Six cups of yogurt makes about 2 cups of yogurt cheese. Yogurt cheese can be stored in the refrigerator, covered, for about 1 week. For more information about yogurt cheese and additional recipes, visit www.yochee.com