



MyPlate Food Group Focus: Switch to Fat-free or Low-Fat (1%) Milk

Cream of Broccoli Soup

1 cup chopped onion	1 bay leaf
1 -16 oz. package frozen broccoli florets, divided	¾ cup shredded reduced-fat sharp Cheddar cheese
2 cups frozen hash brown potatoes	1½ cups evaporated skim
2 cups reduced sodium chicken broth	¼ tsp. black pepper

1. Spray large saucepan with cooking spray; place over medium heat for about 1 to 2 minutes. Add onion and sauté until onions are softened, about 3 to 4 minutes.
2. Add ½ package of broccoli, hash brown potatoes, chicken broth and bay leaf. Bring to boil.
3. Reduce heat, cover and simmer 20 minutes or until vegetables are tender. Discard bay leaf.
4. Remove from heat. Using a handheld blender or potato masher, mash broccoli and potatoes until desired consistency.
5. Return soup to heat. Add milk, black pepper and remaining ½ package of broccoli. Cook over medium heat until chopped broccoli is tender.
6. Stir in cheese until melted. Or, serve hot and top with shredded cheese.

Makes 6 (about 1 cup per serving). *Per serving: 185 calories, 15 gm protein, 23 gm carbohydrates, 4 gm fiber, 6 gm fat, 20 mg cholesterol, 487 mg calcium (50%DV), 516 mg sodium.*

Strawberry Banana Smoothie

1 – 6 oz. container low fat vanilla yogurt	½ cup orange juice
1 medium banana, peeled and sliced	1 cup frozen, unsweetened strawberries

Place all ingredients in a blender and mix until smooth. Or put ingredients in a tall glass or pitcher; use a handheld blender to puree ingredients until smooth. Divide into 2 glasses, about 8 ounces each.

Makes 2 servings. *Per serving: 181 calories, 5 gm protein, 40 gm carbohydrates, 3 gm fiber, 1.5 gm fat, 4 mg cholesterol, 178 mg calcium, 66 mg sodium.*

Spinach Dip

1 1/3 cup non-fat drained yogurt (or yogurt cheese)	1 package (10 oz) frozen chopped spinach, drained and pressed
1 package Knorr Vegetable Soup Mix	
1 can water chestnuts, drained & diced	2 tablespoons lite mayonnaise

1. In a large bowl mix nonfat drained yogurt and drained spinach.
2. Add dry soup mix, diced water chestnuts and mayonnaise. Mix until will combined.
3. Serve with low-fat whole grain crackers or whole grain bread cubes. Or serve drip in a bread bowl.

Makes about 24 servings (2 tablespoons per serving). *Per serving: 23 calories, 2 gm protein, 3 gm carbohydrate, 1 gm fiber, .5 mg fat, 1 mg cholesterol, 24 mg calcium, 126 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. One quart of yogurt makes 1 1/3 cup 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