

Make the Most of Milk



- ◆ Breastfeeding is recommended by pediatricians for baby's first year or longer. For babies who are not breastfed, iron fortified infant formula is recommended until 12 months of age.
- ◆ For healthy children 12 to 24 months of age, whole milk is recommended.
- ◆ For adults and healthy children over 2 years of age, 1% lowfat or fat free (skim) milk is recommended.

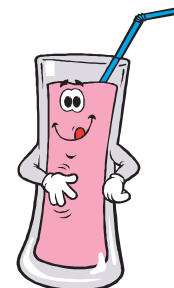
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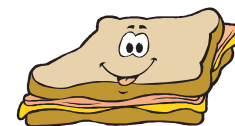
Tips for Adding Milk

- ◆ Whip up some pudding, custard, or flan.
- ◆ Stir up a bowl of cream soup.
- ◆ Add fluid or dry milk powder to instant mashed potatoes.
- ◆ Make quick breads, muffins, pancakes, or french toast.
- ◆ Add fluid or dry milk powder to hot cereals.
- ◆ Bake a sweet potato pie or pumpkin pie.
- ◆ Blend milk with chopped fresh fruit and lowfat frozen yogurt to make a delicious milkshake.



Tips for Adding Cheese

- ◆ Put grated cheese on top of a salad.
- ◆ Serve some cheese and crackers.
- ◆ Add grated cheese to potatoes, casseroles, vegetables, pasta, eggs, or grits.
- ◆ Add cheese to tacos, enchiladas, tostadas, quesadillas, cooked beans, or lentils.
- ◆ Add a slice of cheese to sandwiches and hamburgers.
- ◆ Prepare some macaroni and cheese, pizza, or a grilled cheese sandwich.
- ◆ Make a cheese sauce and use over vegetables or pasta.



Milk Conversion Chart

1 cup fluid milk equals:

1/2 cup canned evaporated milk + 1/2 cup water OR
1/3 cup dry milk + 1 cup water

Sweet Potato Casserole

3 to 4 large sweet potatoes (boiled, peeled, and mashed)

3 eggs, yolks and whites separated

12-oz can fat free evaporated milk

½ cup brown sugar

1 tablespoon melted butter

1 teaspoon vanilla

¼ teaspoon nutmeg

Combine sweet potatoes with beaten egg yolks, sugar, vanilla, nutmeg, butter, and milk.

Set aside. Beat the egg whites until stiff; carefully fold into sweet potato mixture.

Pour into 2-quart greased baking dish.

Bake at 350°F for 30 minutes.

Makes 10 servings

Cream of Potato Soup

1 cup nonfat dry milk powder + 4 cups water

OR 3 cups fluid milk + 1 cup water

2 tablespoons cornstarch

1 to 2 teaspoons dried basil

2 cups potatoes, peeled and diced

1 teaspoon onion powder or ½ cup chopped onion

1 tablespoon chicken bouillon powder

Dissolve dry milk and cornstarch in cold water.

Add bouillon powder, basil, onion, and potatoes.

Bring to boil. Reduce heat and simmer for about 10 minutes.

Makes about 6 one-cup servings

Variations

1. Before bringing soup to boil, add cooked and diced chicken or add fresh, frozen, or canned vegetables such as broccoli, peas, corn, carrots, celery, or mushrooms.
2. Top with shredded, reduced fat Cheddar cheese.

Pancakes

1 cup whole wheat flour

2 large eggs

1 cup white all-purpose flour

¼ cup sugar

2 cups fat free or lowfat milk

2 tablespoons vegetable oil



Mix the dry ingredients together in a large bowl.

In a separate bowl, beat the eggs, oil, and milk until well blended. Add the liquids to the dry ingredients, stirring lightly with a whisk or large fork until the batter is creamy with some small lumps. Put thin layer of oil onto a griddle or frying pan. Heat the pan to medium-high heat.

Spoon or ladle the batter onto the hot griddle.

Turn the pancakes when their edges look dry and bubbles cover the top. Flip them only once.

Makes about 19 four-inch pancakes

Variation

Add 1 teaspoon cinnamon and 1 cup peeled, finely chopped apples to batter.

Strawberry Banana Smoothie

1 cup fat free milk

1 cup plain nonfat yogurt

2 cups strawberries

2 bananas

Peel and slice bananas. Wash and cut tops off strawberries. Put in blender with milk and yogurt.

Blend until smooth. Makes 3 servings

Cheese Sauce

1 cup fat free milk

1 tablespoon butter

1 tablespoon flour

½ cup grated cheese

Melt butter in a small saucepan. Stir in flour.

Continue to stir over low heat for 1 minute.

Gradually stir in milk. When sauce is thick and creamy, stir in cheese. Add seasonings like pepper or Worcestershire sauce if you like.

Scalloped Potatoes

8 medium to large size raw potatoes, thinly sliced

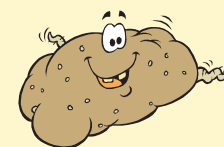
1 teaspoon salt

pepper to taste

2 tablespoons flour

1 tablespoon margarine (with zero trans fat)

2 cups fat free or lowfat milk



Put a layer of potatoes in a greased baking dish or pan, sprinkle with the flour, salt, and pepper.

Repeat until all the potatoes are used. Pour milk over the potatoes and dot with butter or margarine. Cover and bake at 350°F for 30 minutes. Remove cover and continue baking until potatoes are tender. This is usually about 30 minutes. If the potatoes are not brown on top, place the uncovered dish under the broiler for 3 to 5 minutes.

Makes 8 servings

Variations

1. Add a little chopped onion.
2. Add cooked, diced or thinly sliced meat and/or cheese in alternate layers.

Meat Loaf

2 pounds lean ground beef or ground turkey

½ cup chopped onion

1 teaspoon beef bouillon

½ cup chopped celery

1 teaspoon garlic powder

1½ cups soft bread crumbs

pepper to taste

1 egg beaten

1 cup fat free or lowfat milk

Mix all ingredients together thoroughly. Mold mixture into a loaf. Place in loaf pan. Bake at 350°F for 45 minutes to 1 hour. Serve hot or cold.

Makes 8 servings