

Delicious Dairy RECIPES

Nutritious recipes made with dairy
that people with lactose intolerance can enjoy!





Fall in Love with DAIRY AGAIN

Do you love the taste of dairy foods, but sometimes feel uncomfortable or bloated after having milk, cheese or yogurt? If so, there are a variety of tips that may help you enjoy the recommended three servings of dairy foods every day – without experiencing discomfort. This is good news because the Dietary Guidelines for Americans recognize dairy foods as an important source of nutrients, such as calcium, potassium and vitamin D.



SIP IT. Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



TRY IT. Opt for lactose-free milk and milk products. These real milk products have little or no lactose and provide the same nutrients as regular dairy foods. They also taste great!



STIR IT. Mix milk with other food, such as soup or cereal; blend with fruit; or drink with meals. Solid foods help slow digestion and allow the body more time to digest lactose.



SLICE IT. Top sandwiches or crackers with natural cheese such as Cheddar, Colby, Queso Blanco, Monterey Jack, mozzarella and Swiss. These cheeses are virtually lactose-free.



SPOON IT. Choose traditional yogurt and Greek-style yogurt with live and active cultures, which help to digest lactose.



Baked Pears with Vanilla Yogurt and Granola

This dessert is a mix of great tastes and textures: baked pears drizzled with honey, topped with crunchy granola and served over yogurt. Made with nutrient-rich, low-fat yogurt, this dish does contain lactose, but the live and active cultures in yogurt help with digestion.

Makes 4 Servings | Prep Time: 30 min | Cook Time: 35 min

Yield: ½ pear plus ¼ of yogurt mixture, per serving *Recipe created by 3-Every-Day™ of Dairy.*

Ingredients

- 2 medium pears (Bartlett or D'Anjou pears)
- ½ cup apple juice
- 1 cup water
- 1 tablespoon honey
- 3 (6-ounce) containers low-fat vanilla yogurt
- ½ cup low-fat granola
- mint leaves, optional

Preheat oven to 375 degrees Fahrenheit. Cut pears in half lengthwise and remove core with a melon baller or small spoon. Place pears, cut side down, in a shallow baking dish just large enough to hold them.

Pour apple juice and water over pears; drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender. While pears are baking, place granola in a shallow baking pan or pie plate and toast in oven 10 minutes; set aside.

When pears are done, pour baking liquid into a small saucepan and reduce over medium heat until about ¼ cup of syrup remains; set aside to cool.

Line a colander with paper towels and place over bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Divide yogurt among 4 shallow bowls. Place warm pear half, cut side up, over yogurt. Top with toasted granola and drizzle with syrup. Garnish with a mint leaf, if desired.

Nutritional Facts

Calories: 240
Total Fat: 2.5 g
Saturated Fat: 1 g

Cholesterol: 5 mg
Sodium: 115 mg
Calcium: 25% Daily Value

Protein: 8 g
Carbohydrates: 49 g
Dietary Fiber: 3 g



Banana & Yogurt Crepes

Enjoy thin and elegant crepes filled with nutrient-rich yogurt, vanilla, honey, and fresh sliced bananas. Yogurt contains lactose, but its live and active cultures help with digestion.

Makes 4 Servings | Prep Time: 15 min | Cook Time: 15 min

Yield: 2 crepes plus 5 tablespoons of yogurt mixture, per serving

Recipe created by 3-Every-Day™ of Dairy by Chef Federico Elbl, Palermo Viejo, Louisville, Ky.

Ingredients

- 1 $\frac{3}{4}$ cups fat-free or low-fat lactose-free milk
- $\frac{3}{4}$ cup flour
- 1 egg
- 1 egg white
- 2 tablespoons honey or maple syrup, divided
- 1 (8-ounce) container low-fat banana or vanilla yogurt
- 1 banana, diced
- $\frac{1}{2}$ teaspoon vanilla extract
- fresh mint sprigs, optional
- powdered sugar, optional

Whisk together milk, flour, egg, egg whites and 1 tablespoon of honey in a medium bowl. Allow batter to rest 5 minutes at room temperature. Heat a 10-inch non-stick skillet over medium heat. Pour $\frac{1}{4}$ cup batter into skillet; quickly tilt and swirl batter to coat bottom of skillet. When crepe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crepe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crepes with remaining batter. To prevent sticking, place a piece of wax paper between each crepe.

Puree yogurt, vanilla and remaining honey in a blender or food processor until smooth. Add diced banana. Spread each crepe with about 2 $\frac{1}{2}$ tablespoons of the yogurt mixture. Roll crepes into cylinders. Place 2 crepes on each serving plate and garnish with mint sprigs, if desired.

Nutritional Facts

Calories: 270
Total Fat: 3.5 g
Saturated Fat: 1.5 g

Cholesterol: 60 mg
Sodium: 125 mg
Calcium: 25% Daily Value

Protein: 12 g
Carbohydrates: 48 g
Dietary Fiber: 2 g



Chicken Florentine Lasagna Rollups

This delicious whole wheat lasagna is filled with a variety of flavors and can be made with nutrient rich lactose-free milk. The cheese in the recipe contains only a small amount of lactose.

Makes 6 Servings | Prep Time: 30 min | Cook Time: 20 min

Adapted recipe and image reprinted with permission from Regan Jones, RD at The Professional Palate

Ingredients

- 6 whole wheat lasagna noodles
- 1 tablespoon olive oil
- ½ medium onion, chopped
- 1 tablespoon all-purpose flour
- 1 cup low-fat lactose-free milk or low-fat milk
- ½ teaspoon dried basil leaves
- ½ teaspoon Kosher salt
- ¼ teaspoon freshly ground black pepper
- ½ cup grated Pecorino-Romano cheese
- 1 coarsely chopped or shredded roasted chicken breast
- 1 cup frozen chopped spinach, thawed
- 6 tablespoons pesto
- 6 tablespoons low-fat lactose-free milk or low-fat milk

Garnish: additional grated Pecorino-Romano cheese

Preheat oven to 400 degrees Fahrenheit. Coat a small baking dish with cooking spray and set aside.

Cook noodles according to package directions. Drain and lay noodles flat on a work surface. Cover with plastic wrap or damp towel to keep from drying out.

Heat oil in a small saucepan over medium-high heat; add onion and cook 2 to 3 minutes or until translucent. Sprinkle flour over onions and saute an additional minute. Slowly add milk, stirring constantly; continue to cook until thickened, about 5 minutes. Remove from heat and stir in next 6 ingredients (through spinach). Spoon mixture evenly down each lasagna noodle and roll up. Place in prepared dish and bake, covered, at 400 degrees Fahrenheit for 20 minutes or until heated throughout.

To serve, combine pesto and milk; spoon evenly over warm rollups. Sprinkle with additional cheese, if desired.

Nutritional Facts

Calories: 290

Total Fat: 14 g

Saturated Fat: 4.5 g

Cholesterol: 25 mg

Sodium: 540 mg

Calcium: 35% Daily Value

Protein: 17 g

Carbohydrates: 24 g

Dietary Fiber: 5 g



Mango-Curry Chicken Salad

Savor a tasty combination of grilled chicken, diced mangos, sweet cranberries and crunchy walnuts all spiced with curry and served on top of a bed of lettuce. This recipe contains nutrient-rich yogurt and mozzarella cheese. The yogurt contains lactose, but its live and active cultures help with digestion. The mozzarella cheese contains only a small amount of lactose.

Makes 4 Servings | Prep Time: 20 min | Cook Time: 20 min

Recipe created by Chef Kevin Millonzi, Executive Chef/Owner of Restaurant PROV and Atomic Catering, Providence, R.I., on behalf of 3-Every-Day™ of Dairy

Ingredients

- 2 ½ cups (½-inch pieces) grilled skinless, boneless chicken breasts
- ¾ cup plain, nonfat yogurt
- 1 teaspoon curry
- ¼ cup cubed mango
- 1 cup dried, sweetened cranberries
- ¼ cup walnuts, coarsely chopped
- ⅓ cup mozzarella, cut into small cubes
- lettuce leaves (optional)

Grill chicken breasts, cut into small pieces and set aside. In a medium bowl, blend yogurt and curry with a whisk and stir in chicken, mango, cranberries, walnuts and mozzarella. Mix well and serve on lettuce leaves if desired.

Nutritional Facts

Calories: 350
Total Fat: 10 g
Saturated Fat: 3 g

Cholesterol: 80 mg
Sodium: 160 mg
Calcium: 20% Daily Value

Protein: 34 g
Carbohydrates: 32 g
Dietary Fiber: 2 g



Turkey Tetrazzini with Cheddar and Parmesan

This is an easy turkey dish with a creamy mushroom sauce layered with pasta and cheese. Parmesan and Cheddar cheeses contain only a small amount of lactose.

Makes 6 Servings | Prep Time: 25 min | Cook Time: 60 min
Pasta is 4 cups dry/8 cups cooked *Recipe created by 3-Every-Day™ of Dairy.*

Ingredients

- 4 cups (12 ounces) whole wheat ziti or penne pasta, cooked according to package directions
- 2 tablespoons butter
- ¼ cup flour
- 3 cups fat-free or low-fat lactose-free milk
- 1 cup fat-free chicken broth
- ½ cup dry white wine (or additional chicken broth)
- ⅓ cup grated Parmesan cheese
- 2 cups sliced white button mushrooms
- 2 cups diced, cooked turkey breast (½ inch dice)
- ⅓ cup frozen peas
- ½ cup shredded, reduced-fat Cheddar cheese
- ½ teaspoon pepper (optional)

Preheat oven to 350 degrees Fahrenheit. Spray a shallow two to three-quart baking dish with cooking spray; set aside.

In a large saucepan over medium heat, melt butter and stir in flour. Cook, stirring constantly, about 2 minutes. Whisk in milk, chicken broth, wine and pepper (optional); bring mixture to a boil. Stir in mushrooms, reduce heat and cook, stirring frequently about 10 minutes or until mixture thickens and mushrooms are softened.

Stir Parmesan cheese, pasta, turkey and peas into the milk mixture; spoon into prepared dish. Top with Cheddar cheese and cover loosely with foil. Bake about 45 minutes or until bubbling at edges and heated through.

Nutritional Facts

Calories: 440
Total Fat: 10 g
Saturated Fat: 6 g

Cholesterol: 65 mg
Sodium: 270 mg
Calcium: 30% Daily Value

Protein: 33 g
Carbohydrates: 55 g
Dietary Fiber: 8 g



Colby Cobb Salad

This flavorful salad is topped with a variety of vegetables, turkey, egg, Colby cheese and a dressing made from fat-free yogurt. The Colby cheese contains only a small amount of lactose. The yogurt also contains lactose, but its live and active cultures help with digestion.

Makes 6 Servings | Prep Time: 20 min | Cook Time: 20 min

Recipe created by 3-Every-Day™ of Dairy.

Ingredients

For the dressing:

- 2 cups fat-free plain yogurt, divided
- 4 large basil leaves
- ¼ cup parsley, stems removed
- 2 tablespoons chopped chives
- 1 tablespoon lemon juice
- 1 teaspoon honey
- ⅛ teaspoon freshly ground pepper
- 2 tablespoons fat-free mayonnaise
- ½ teaspoon salt (optional)
- ¼ teaspoon additional pepper (optional)

For the salad:

- 8 cups chopped romaine lettuce (1 small head)
- ½ cup halved cherry or grape tomatoes
- ¼ cup thinly sliced red onion
- 1 cup diced cucumber
- 2 slices cooked turkey breast, cut into strips
- 2 tablespoons bacon bits
- 1 egg, hard boiled and chopped
- 1 ½ cups shredded Colby or Colby Jack cheese

For the dressing:

Place 1 cup of yogurt, basil, parsley, chives, lemon juice, honey and pepper in a blender or food processor. Cover and pulse until smooth (dressing will be green in color). Pour yogurt mixture into a medium bowl; stir in remaining yogurt and mayonnaise until just blended; refrigerate until ready to serve.

Note: Dressing may be prepared up to 2 days ahead and stored in an airtight container in the refrigerator.

For the salad:

Place lettuce at the bottom of a bowl and sprinkle the tomatoes, onion, cucumber, turkey, bacon bits, egg and Colby cheese on top. Just before serving, pour dressing over salad and toss lightly.

Nutritional Facts

Calories: 210

Total Fat: 11 g

Saturated Fat: 6 g

Cholesterol: 70 mg

Sodium: 350 mg

Calcium: 35% Daily Value

Protein: 16 g

Carbohydrates: 14 g

Dietary Fiber: 3 g



Beef Burrito with Pepper Jack Cheese and Black Beans

This is a delicious burrito packed with protein and fiber that is sure to be a crowd pleaser. The cheese in the burrito contains only a small amount of lactose.

Makes 6 Servings | Prep Time: 15 min | Cook Time: 9 min

Recipe created by 3-Every-Day™ of Dairy.

Ingredients

- ½ pound ground beef sirloin
- 2 teaspoons minced garlic
- 1 cup chunky salsa, divided
- 2 cups cooked brown or white rice
- 6 (9-inch) whole-wheat flour tortillas
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (11-ounce) can corn kernels, drained
- 2 cups shredded Pepper Jack cheese
- ⅓ cup sliced green onion, including green tops

In a medium non-stick skillet, brown ground beef and garlic over medium heat; (break beef mixture up into smaller chunks with a spoon). Drain fat and stir in ½ cup of the salsa; set aside.

Spread ⅓ cup of rice on center of a tortilla, leaving a ½-inch border. Scatter about 2 tablespoons of beans and 1 ½ tablespoons of corn over rice. Spread ⅓ cup of the beef mixture and ¼ cup of the cheese over corn. Top with 2 teaspoons of the salsa and a few pieces of green onion. Fold in two opposite edges of tortilla one inch each and roll up. Place, seam side down, on microwave safe dish. Repeat with remaining tortillas.

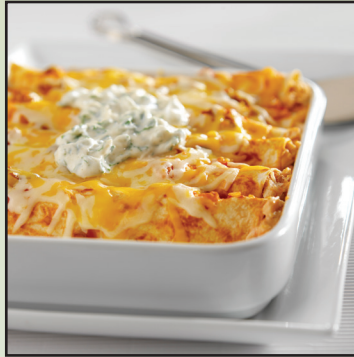
Place burritos in a microwave oven and heat 1 minute or until heated through. Serve with remaining salsa.

Nutritional Facts

Calories: 450
Total Fat: 16 g
Saturated Fat: 8 g

Cholesterol: 65 mg
Sodium: 900 mg
Calcium: 25% Daily Value

Protein: 26 g
Carbohydrates: 59 g
Dietary Fiber: 8 g



Easy Cheesy Chicken Enchiladas with Yogurt Sauce

This cheesy chicken recipe with a yogurt sauce is delicious and easy to make! The cheese contains a small amount of lactose. The yogurt also contains lactose, but its live and active cultures help with digestion.

Makes 8 Servings | Prep Time: 10 min | Cook Time: 15 min

Yield: 1 enchilada per serving *Recipe created by 3-Every-Day™ of Dairy*

Ingredients

- 1 (3-ounce) package cream cheese
- 2 cups chopped, cooked chicken breast
- 12 ounces chunky salsa
- 1 cup Mexican-blend cheese, shredded
- 8 (6-inch) flour tortillas

For the yogurt sauce:

- 2 cups low-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin

Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and $\frac{1}{2}$ cup of the salsa; mix well. Add $\frac{1}{2}$ cup shredded cheese; stir until melted. Spoon about $\frac{1}{3}$ cup of the chicken mixture onto each tortilla; roll up. Place seam side down in 12x8-inch baking dish. Top with remaining salsa and cheese. Bake at 350 degrees Fahrenheit for about 15 minutes, or until heated through. Serve with yogurt sauce.*

*Combine yogurt, cilantro and cumin. Chill until needed.

Nutritional Facts

Calories: 290
Total Fat: 13 g
Saturated Fat: 6 g

Cholesterol: 60 mg
Sodium: 700 mg
Calcium: 25% Daily Value

Protein: 21 g
Carbohydrates: 21 g
Dietary Fiber: 1 g



*Remember, lactose-free milk
can be used in any recipe.



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