



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Say Yes To Yogurt

Yogurt, that tart pudding with the foreign sounding name, has become synonymous with a healthy lifestyle in the last several years. Quick and easy to eat, low-fat yogurt should be a frequent part of your cholesterol lowering meals and snacks.

Yogurt is made when special bacteria are added to milk. The result is a smooth, pudding-like texture with a tangy taste. Heart-healthy yogurts made with low-fat or skim milk are perfect for cholesterol-lowering diets since they provide little or no fat and only a small amount of cholesterol. In addition, yogurt contains the same amount of protein and B-

vitamins as milk, and also contains more calcium.

Yogurt is delicious by itself, but it can also be very useful in cooking. Yogurt can be seasoned with herbs or sweetened with honey. It can be thickened for a sauce or thinned for a creamy drink. And it is the perfect low-fat substitute for sour cream, milk, or heavy cream. Read on for cooking tips and suggestions that will help make yogurt a staple in your heart-healthy meals.

Yogurt Cooking Tips

- * To measure yogurt, spoon into a measuring cup and level off with a straight-edged spatula.
- * Gently stir or fold yogurt into other ingredients to maintain its

delicate gel structure.

* Stir yogurt before using to mix the liquid that may have separated.

* Keep heat low when cooking with yogurt since high temperatures can cause separation, evaporation, and curdling. Flavor and nutrition, however, are not affected by heat.

* To keep yogurt from separating, blend a small amount with one tablespoon of cornstarch. Stir the mixture into the remaining cup of yogurt and use in recipes according to directions.

* To use as a base for soups, casseroles, or sauces, add two tablespoons of all-purpose flour to each cup of yogurt.

* To make yogurt thicker, drain for at least two hours.

* To make yogurt cheese, line a strainer with two layers of cheesecloth or a coffee filter. Spoon plain yogurt into the strainer. Place a bowl underneath to catch the liquid that separates out, and refrigerate for 24 hours. One quart of yogurt makes 2 cups of yogurt cheese. One cup of yogurt cheese has about 200 calories. Season yogurt cheese with herbs and spices and use as a dip or spread on

crackers. Or, substitute for cottage, ricotta, or cream cheese in recipes.

Yogurt Quick Menu Ideas

* Blend plain low-fat or non-fat yogurt with fresh or canned fruit for a refreshing dessert or snack.

* Add lemon or vanilla yogurt to fruit dishes, salad dressings, and desserts for a cooling flavor.

* Mix fruited yogurt with fresh fruit and blend with crushed ice for a tropical experience.

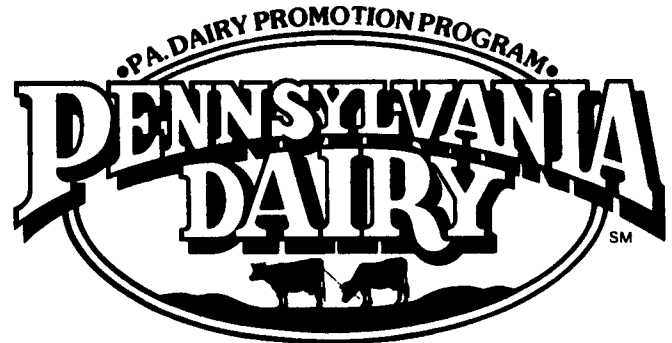
* Marinate meat or poultry in yogurt before grilling for a moist dish with a tang.

* Mix two tablespoons of salsa

with one cup of yogurt to make a spicy dip.

* Creamy, frozen yogurt is a great substitute for high-fat ice cream. It is lower in fat, compared to an otherwise "sinful" dessert.

While you might be tempted to eat gallons of fat-free frozen yogurt to satisfy your sweet tooth, remember that frozen yogurt, for the most part, is sugar. The majority of frozen yogurts do not contain the beneficial bacteria or the abundance of nutrients found in regular yogurt. So enjoy fat-free frozen yogurt in small amounts as a substitute for high-fat desserts.

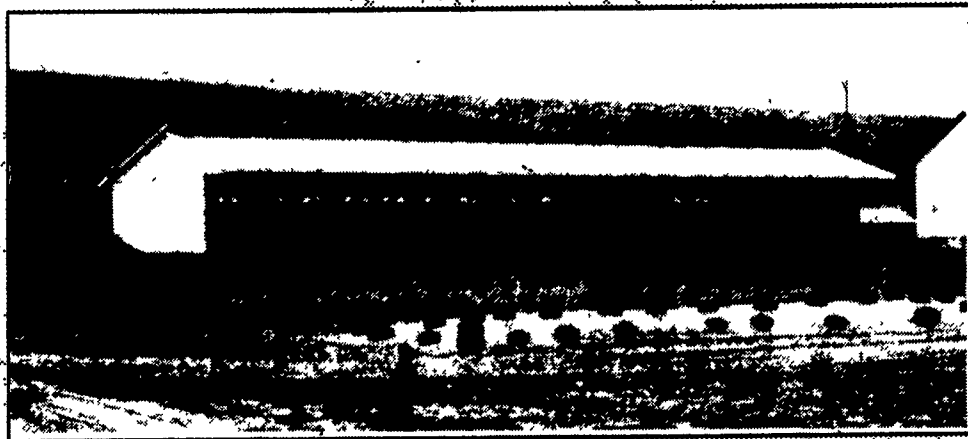


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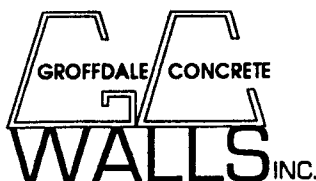


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How To Keep The Farm In The Family

The Workshop is being held at:
St. Anne's Parish Hall
Duke & Liberty Streets,
Lanc., Pa.

FEBRUARY 9, 1993
7 PM to 9 PM

The Workshop Will Be Conducted By:
Cynthia Boyer Blakeslee
Attorney At Law

Mrs. Blakeslee served three terms as chairperson of the Agriculture Law Committee, and has been a member of the Agricultural Issues Forum since 1989. Mrs. Blakeslee is also a member of the Lancaster County Estate Planning Council.

The Workshop Is Being Sponsored By
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Since seating will be limited
please call:

717-560-0371 to reserve seating