

# Cheeses Athletes Get Dairy Treat At Special Olympics

(Continued from Page B8)

**Notes About Nonfat Cheeses**  
Nonfat cheeses — the cheddar and American types — are best served "as is" in sandwiches, as a snack, on cheese boards and in salads. They tend to have a very mild flavor. If desired, they can be enhanced with mustards, salsas, chutneys, red hot sauces or spices and herbs. Serve at room temperature for best texture.

The new nonfat cream cheese, as the label recommends, should not be used in baking. However, it can be used very successfully in no-bake cheesecake and refrigerated desserts. It can also be turned into a creamy sauce when tossed with hot pasta.

### Triple Cheese Pasta Primavera

- 1 pkg. (8 oz.) spaghetti
- 1 T butter
- 2 C diced sweet red or green bell peppers
- 2 C sliced zucchini or yellow summer squash
- 1 pkg. (8 oz.) fresh mushrooms, sliced (about 2 1/4 cups)
- 1 C part-skim milk ricotta cheese
- 1/2 C (2 oz.) shredded mozzarella cheese
- 1/4 C milk
- 2 T grated parmesan cheese
- 1 1/4 tsp. Italian seasoning
- 1 tsp. salt
- 1/4 tsp. ground black pepper

CARLISLE (Cumberland Co.) — "What a great promotion. What a great and rewarding day," said Dottie Dunkleberger of Cumberland County Dairy Princess Promotional Committee. She said that the committee put on one of the most enriching promotions on April 13 and 14 at Cumberland Valley and Carlisle High Schools/Football Stadiums.

Cook spaghetti according to package directions in unsalted water. Meanwhile, in a large skillet melt butter. Add bell peppers; cook and stir occasionally until barely tender, about 3 minutes. Add squash and mushrooms; cook and stir occasionally until barely tender, about 4 minutes. Drain pasta; toss with vegetables in skillet; cover to keep warm. In the saucepan in which the spaghetti was cooked, combine ricotta, mozzarella, milk, parmesan, Italian seasoning, salt and black pepper. Over medium-low heat, cook and stir cheese mixture just until hot, about 1 minute; do not boil. Add reserved pasta and vegetables; toss to coat; remove to a serving platter. Sprinkle with additional parmesan cheese, if desired. Yield: 4 portions.

"We passed out ice cream cups to more than 900 special children from 26 school districts at the local Special Olympics Athletic Meet," she said.

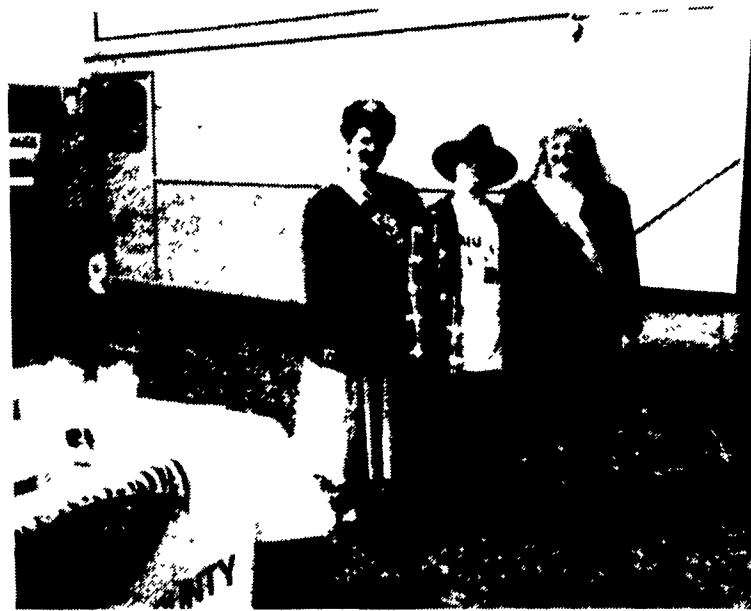
The athletes ranged in age from elementary through high school. They participated in everything from the 5-yard dash to the soft ball throw.

"We spoke to children and adults who had never heard of the Dairy Princess Program," Dottie said. The children were overwhelmed with the Cow Coloring Books and willingly sampled ice cream.

The promotion reached people of all ages with promotional materials. Several Home Economic teachers gathered up recipe pamphlets. They said that they would be able to use them in their class rooms, as they are always looking for good, nutritional recipes.

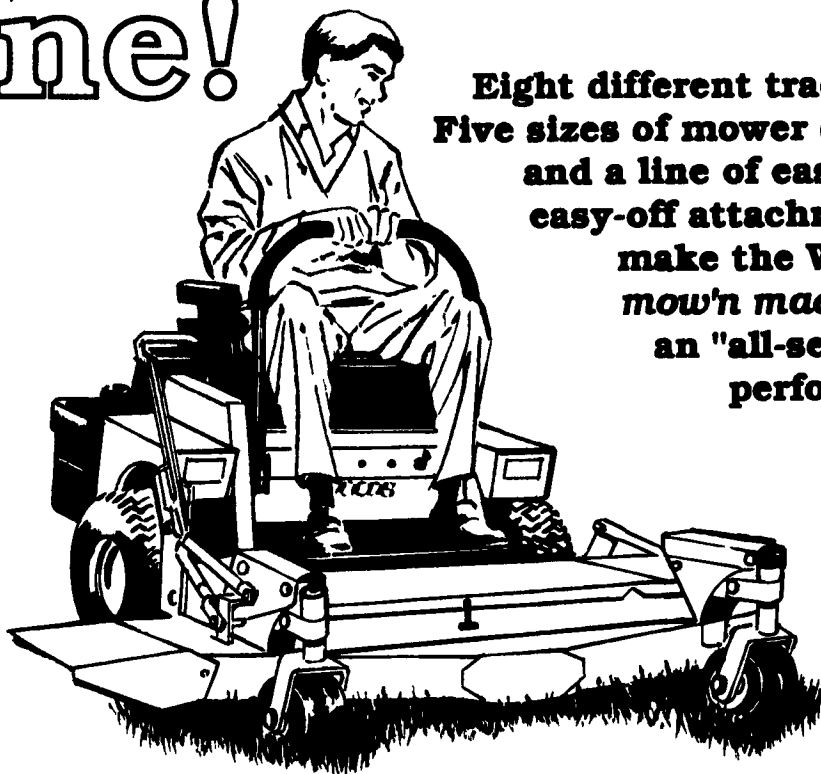
"It made your heart feel good watching these children. Even though they knew they couldn't win, they ran and jumped with great determination and always

wearing a smile. We hope to make this promotion an annual event with our promotional committee. There were no losers only winners," Dottie said.



Patty Dunkleberger, left, past Cumberland County Dairy Princess and assistant secretary for the committee; Mark Myers, Special Olympic athlete and brother of Diane Myers, and Diane Myers, Cumberland County's 1992 Alternate Dairy Princess.

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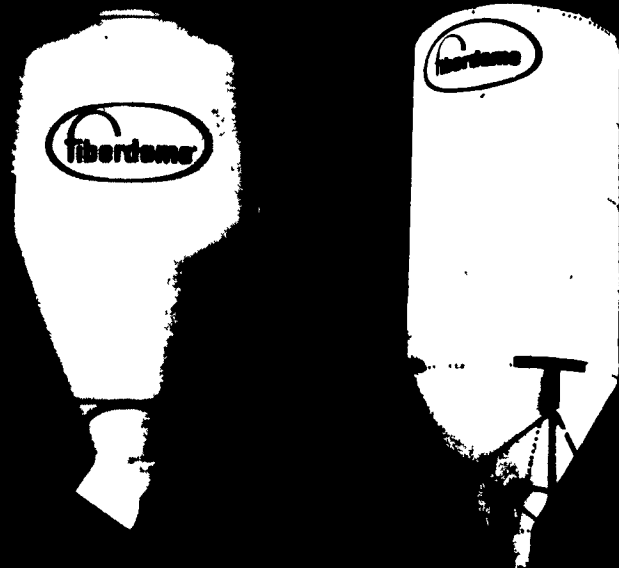
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