



# Home on the Range

## Bone Up On Calcium With These Recipes

Calcium and bone health go hand-in-hand.

Increasing scientific evidence indicates that adequate calcium intake reduces the risk of osteoporosis, a potentially crippling disease of thin and fragile bones.

According to the National Institute of Health, osteoporosis affects more than 28 million Americans.

If you do not get enough calcium from your daily diet to regulate body functions, your body will leech or "rob" calcium from your bones to make up the difference. Over time, this will reduce bone strength and lead to osteoporosis.

Most adults need between 1,000 and 1,500 milligrams of calcium every day.

"Drinking at least three 8-ounce glasses of milk each day is one of the easiest ways to get the calcium you need," said Lisa Heimbach, SUN Area Dairy Princess.

She recommends substituting milk for water and other liquid ingredients in recipes as a great way to boost calcium intake. "Because milk is 90 percent water, it makes sense to substitute milk to enhance the flavor in soups, noodles, mashed potatoes, and other dishes, while increasing the nutritional value," Lisa said.

Other good sources of calcium include the following: 8-ounces plain yogurt (450 mg); 1-ounce cheese (200 mg); 3-ounces sardines with bones (370 mg); one cup broccoli (90 mg); one cup cooked soybeans (130 mg).

Calcium-fortified foods such as orange juice is another good source of calcium.

SUN Area Dairy Princess writes that the booklet, "Famous Faces Make It Better With Milk," includes calcium-rich recipes and cooking with milk tips that show how easy it is to include enough calcium in your diet. To receive your free copy of the recipe booklet, call 1-800-WHY MILK or visit the website [www.whymilk.com](http://www.whymilk.com).

### YASMINE BLEETH'S ISLAND SMOOTHIE

2 cups fat free or 1-percent low-fat milk

1 cup mango or papaya sorbet  
1/2 cup banana slices or canned crushed pineapple

Lime slices (optional)

Place all ingredients, except lime, in blender container. Cover with top and process until smooth, about one minute. Pour into frosted glasses; garnish with lime slices if desired. Makes 2 servings.

Lisa Heimbach

SUN Area Dairy Princess

### CHOCOLATE CHEESECAKE

Crust:

14 honey-cinnamon graham crackers  
2 tablespoons granulated sugar  
2 tablespoons butter, melted

Filling:

3 egg whites at room temperature  
15-ounces ricotta cheese  
1/2 cup sour cream  
1/4 cup granulated sugar  
1/4 cup unsweetened cocoa powder

1 teaspoon vanilla extract  
Lightly grease the bottom and sides of an 8-inch springform pan. Make the crust by crushing the graham crackers in a paper or plastic bag using a rolling pin or mallet. Mix the graham cracker crumbs, sugar, and melted butter and place in bottom of springform pan. Press along the bottom of the pan and about 1/4 -inches up the sides of the pan. Heat the oven to 350 degrees. Put all filling ingredients in a blender and blend until smooth (scraping down the sides 2 or 3 times) for about two minutes. Pour batter into prepared pan and bake 30-35 minutes or until filling is set (the center will jiggle slightly). Turn off oven, but leave the cake in for another 5 minutes. Cool the cake in the pan on a wire rack for no more than one hour. Refrigerate uncovered until chilled. Then loosely cover and refrigerate for at least two hours. To decorate, use powdered sugar.

Christine Messner  
Schuylkill Co. Dairy Princess

### HOMEMADE MACARONI AND CHEESE

2 cups elbow macaroni  
20-ounces sharp white cheddar cheese

Salt and pepper

White sauce:

4 tablespoons butter  
4 tablespoons flour  
3 cups milk

Cook macaroni. Grate cheese.

Preheat oven to 350 degrees. Make two layers of macaroni, cheese, and salt and pepper in a 3-quart casserole dish. Set aside. Make the white sauce by melting the butter over medium heat, blend in flour, cook over low heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat, stir in milk. Heat to a boil, stirring constantly. Boil and stir for one minute. Pour over macaroni. Bake at 350 degrees for one hour. Remove from oven and cool slightly before serving. Serves 8.

Christine Messner  
Schuylkill Co. Dairy Princess



Not only are milkshakes delicious and easy to make, they are also a great source for calcium.

### PEPPER JACK CHEESE STUFFED POTATOES

4 baking potatoes, scrubbed  
2 tablespoons unsalted butter  
2 to 3 large cloves garlic, minced

4-ounces shredded Monterey Jack cheese with jalapeno pepper  
1/2 cup sour cream

2 tablespoons chopped cilantro  
2 tablespoons chopped green onions OR fresh chives, divided  
Salt and pepper to taste

Chopped tomatoes (optional)  
Preheat oven to 400 degrees.

Bake potatoes for one hour or until tender, cool slightly for ease in handling. Cut potatoes lengthwise in half; scoop out potatoes, leaving 1/4 -inch shells. Set aside to cool. In a small skillet, melt butter over low heat. Add garlic, cook, stirring occasionally, for 1 to 2 minutes. Mash potatoes. Stir in garlic butter, cheese, sour cream, cilantro, 1 tablespoon green onion, salt and pepper; mix well. Spoon potato mixture into potato shells; place on baking sheet. Bake until heated through, about 10 minutes. Sprinkle with remaining onion and tomatoes; add more cheese if desired.

Yield: 8 servings.

Laura Blauch  
Lebanon Co. Dairy Maid

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## Enter Dairy Recipe Contest

June Dairy Month is almost here. That means it is time to enter *Lancaster Farming's* annual Dairy Recipe Drawing.

To enter the drawing, select your favorite recipe, which must include a substantial amount of at least one dairy product. Dairy ingredients include milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, dry milk, ice cream, and all hard or soft cheeses. The recipe can specify either whole, low-fat or non-fat dairy products.

Please check your recipe ingredients carefully. Margarine and non-dairy substitutes such as whipped topping do not qualify as dairy products.

Dairy recipes are needed for appetizers, soups, breads, entrees, vegetables, desserts, beverages, snacks, and salads.

Clearly print or type your recipe. Be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. We reserve the right to disqualify entries if these guidelines are not followed.

The difference between this contest and the weekly recipes is that you are asked to include a few paragraphs about yourself and your family. Although it is not required, a photograph of you or with your family adds a wonderful touch to accompany the printed submission. Photos will be returned if you write your name and address on the back of the photo.

Only one entry per family allowed. This contest is for adults who are 18-years-old or older, not children. Send your recipe, photo, and accompanying information with your complete address. If we do not have your complete address, we cannot mail your prize if you win.

Send entries immediately. Envelopes must be postmarked by June 1 to be eligible for the drawing. Winners will be selected through a drawing and will be sent a prize. Look for a picture of the prizes in upcoming issues of this paper. Winners will be announced in the July 3rd issue of *Lancaster Farming*.

Send entries to Lou Ann Good, Lancaster Farming Dairy Recipe Contest, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

May	8 -	Mother's Cooking
	15 -	Novel Ways with Onions
	22 -	Grill Time
	29 -	Berry Time