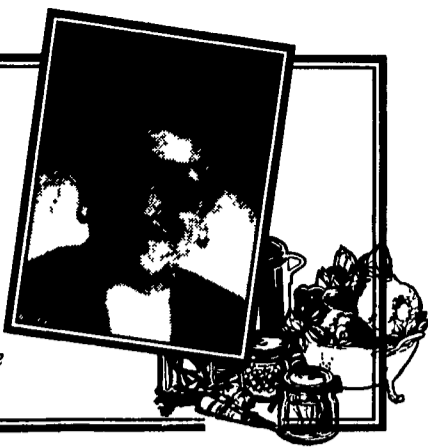


Consuming Thoughts

by
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Penn State Extension Home
Economist For Berks Co.



Yogurt is one food that people say "I like it or I don't like it."

If you like it there are lots of choices in the dairy case and freezer sections.

If you don't like it, you need to keep an open mind to trying recipes that have yogurt as one of the ingredients, because many times you would never guess that yogurt is in that recipe.

Yogurt opportunities in recipes are endless. Think of yogurt not only as a lunch mainstay or a healthful snack, but also as a friendly staple ingredient ready to be blended with all kinds of compatible foods—herbs, spices, condiments, sweeteners, convenience products—for healthful, delicious dining. The following are just some of the ways you

can use yogurt at home to enhance your meals and increase your calcium intake every day.

- Blend 1 teaspoon Dijon mustard with 1 cup yogurt, salt, herbs and pepper to taste. Use instead of mayonnaise in dressings and on salads and sandwiches.

- Substitute plain yogurt for at least half the sour cream in your favorite dip recipes.

- Prepare yogurt cheese as described below. Add grated carrots, cucumber, bell pepper and scallions. Season salt and to taste. Makes a great sandwich or bagel spread.

- Use plain yogurt instead of milk or cream in mashed potatoes and pasta dishes; top baked potatoes with a dollop of yogurt

sprinkled with chives and parsley.

- Stir yogurt into rice pilaf or cooked spinach for a middle Eastern flavor.

- Top soup or chili with a dollop of plain yogurt.

- When using yogurt in a soup, stew, or other hot dishes, add yogurt at the very end of cooking time. Yogurt will curdle if subjected to high temperatures.

- Yogurt has a delicate consistency. Gently fold; don't beat it into dishes.

- Yogurt Cheese: Line a colander with several layers of cheesecloth. Place colander over a large bowl and spoon 2 quarts of yogurt over the cheesecloth. Cover with plastic wrap. Transfer bowl and colander to the refrigerator, and allow yogurt to drain for 12-24 hours. Throw away the liquid collected in the bowl. The yogurt will thicken to a consistency of soft cream cheese, and can be used to replace it in cheesecakes, spreads, etc. Two quarts of yogurt will yield about 3 cups of yogurt cheese.

Here are a few recipes to try.

Blended Yogurt Fruit Whip Drink

5 cups vanilla low fat yogurt
10 ounce package frozen berries
2 cups 1% milk
3 large ripe bananas

Combine milk, two bananas, berries and yogurt in blender and mix until smooth. Pour drink into small cups and top with sliced banana.

Yogurt Pudding

1 cup (8 oz.) plain yogurt
1 cup low fat milk
1 small package instant vanilla pudding

Mix all ingredients together. Beat until smooth and thickened. Refrigerate until ready to serve. Can be served with fresh berries for a healthful snack.

In addition to being a delicious and versatile food, yogurt offers many nutritional benefits. It is high in protein and B vitamins, and is one of the richest sources of calcium. An eight-ounce serving provides about 300-450 mg of calcium. This high calcium content makes yogurt an ideal food choice for women and men of all ages who need calcium daily to build and maintain bone density.

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Miller will also teach this class on Saturday, April 8, from 10 a.m. to noon at the Carroll County Home and Garden Show. Admission to the April class is also free with paid admission to the Carroll County Home and Garden Show.

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