

# ASIAN SLAW

Makes 5 servings – 1/4 cup each

## INGREDIENTS

3-1/4 cup packaged Cole Slaw mix  
2 Tbsp. +2 tsp plain fat-free Greek yogurt  
1-1/2 tsp. sugar  
2 tsp. sesame oil  
1 tsp. soy sauce  
2-1/2 tsp. rice vinegar  
1-1/4 tsp. mayonnaise, reduced fat/light  
1/8 tsp. dry ginger  
1/4 tsp. granulated garlic  
Pinch salt

## INSTRUCTIONS

1. Place Cole Slaw mix in large bowl.
2. Combine remaining ingredients.
3. Pour dressing over Cole Slaw mix and mix thoroughly.
4. Refrigerate until ready to serve.
5. Mix lightly before serving.

## NUTRITIONAL FACTS: PER SERVING

Calories: 46	Calcium: 30 mg
Total Fat: 2.53 g	Protein: 1.45 g
Saturated Fat: 0.36 g	Carbohydrates: 4.37 g
Cholesterol: 0.40 mg	Dietary Fiber: 1.10 g
Sodium: 153 mg	



# FRUITY YOGURT POPSICLES

Makes 6 servings

## INGREDIENTS

- 3 cups frozen berries, blueberries and/or strawberries
- 3 cups vanilla fat-free yogurt

## INSTRUCTIONS

1. Place  $\frac{1}{2}$  cup fruit in each cup.
2. Place  $\frac{1}{2}$  cup yogurt into cups of fruit.
3. Stir each cup with plastic spoon and place in center of cup.
4. Freeze until firm.

## NUTRITIONAL FACTS: PER SERVING

- |                       |                     |
|-----------------------|---------------------|
| Calories: 105         | Calcium: 171 mg     |
| Total Fat: 0.91 g     | Protein: 4.84 g     |
| Saturated Fat: 0.19 g | Carbohydrates: 22 g |
| Cholesterol: 2.27 mg  | Dietary Fiber: 3 g  |
| Sodium: 68 mg         |                     |



# BAKED CARIBBEAN LIME FISH STICKS

Makes 5 servings

## INGREDIENTS

- 2 tsp Mojito Lime Seasoning (other seasonings can be substituted)
- 1 cup + 2 Tbsp. panko or bread crumbs
- 1/4 cup plain fat-free yogurt
- 5 – 3 oz. portions fish, thawed

## INSTRUCTIONS

1. Mix seasoning and panko or bread crumbs in a bowl.
2. Place yogurt in a separate bowl.
3. Set up breading station with both bowls and a parchment lined sheet pan. Spray parchment with pan spray to keep fish from sticking.
4. Dredge fish in yogurt and then roll in breadcrumbs. Place on sheet pan.
5. Bake for 20 minutes at 350°F.
6. Serve immediately as product will become soggy if held too long.

## NUTRITIONAL FACTS: PER SERVING

Calories: 166	Calcium: 70.73 mg
Total Fat: 1.56 g	Protein: 19 g
Saturated Fat: 0.34 g	Carbohydrates: 19 g
Cholesterol: 39 mg	Dietary Fiber: 1.17 g
Sodium: 303 mg	



# APPLE PIE OVERNIGHT OATS

Makes 1 serving

## INGREDIENTS

1/4 cup oats, rolled, unenriched, quick cooking  
1/2 cup vanilla low-fat yogurt  
1 oz. 1% white milk  
1/8 tsp ground cinnamon  
1/2 cup unsweetened applesauce

## INSTRUCTIONS

1. Combine dry oats, yogurt, milk and cinnamon together until blended.
2. Stir in fruit.
3. Place into 10 oz. container or cup.
4. Place lid on container or cup and chill overnight.
5. Optional: add spices such as nutmeg, or other flavoring for variety.
6. Garnish with sprinkle of cinnamon.

## NUTRITIONAL FACTS: PER SERVING

Calories: 209	Calcium: 264 mg
Total Fat: 2.63 g	Protein: 9.37 g
Saturated Fat: 1.32 g	Carbohydrates: 39.42 g
Cholesterol: 9 mg	Dietary Fiber: 3 g
Sodium: 121 mg	



# PEACHES N CREAM OVERNIGHT OATS

Makes 1 serving

## INGREDIENTS

- 1/4 cup oats, rolled, unenriched, quick cooking
- 1/2 cup vanilla low-fat yogurt
- 1 oz. 1% white milk
- 1/2 cup peaches, canned, diced in extra light syrup

## INSTRUCTIONS

1. Combine dry oats, yogurt, and milk together until blended.
2. Stir in fruit.
3. Place into 10 oz. container or cup.
4. Place lid on container or cup and chill overnight.
5. Optional: add spices such as nutmeg, or other flavoring for variety.

## NUTRITIONAL FACTS: PER SERVING

- |                       |                      |
|-----------------------|----------------------|
| Calories: 215         | Calcium: 267 mg      |
| Total Fat: 2.75 g     | Protein: 9.87 g      |
| Saturated Fat: 1.32 g | Carbohydrates: 39 g  |
| Cholesterol: 9 mg     | Dietary Fiber: 2.3 g |
| Sodium: 113 mg        |                      |



# CHIPOTLE BBQ THREE BEAN SALAD

Makes 5 servings – 1/2 cup each

## INGREDIENTS

2/3 cup canned black beans, low sodium, drained  
2/3 cup pinto beans, low sodium, drained  
2/3 cup garbanzo beans, low sodium, drained  
1 cup fat-free Greek yogurt  
1 Tbsp. + 2 tsp lime juice  
1/4 tsp. ground black pepper  
1/4 tsp. granulated onion  
1/4 tsp. dried dill  
1/4 tsp. chipotle powder  
3/4 tsp. dried cilantro  
2-1/2 Tbsp. sweet of smoky BBQ sauce

## INSTRUCTIONS

1. Rinse all beans in cold water and drain well.
2. Combine all beans together.
3. Combine yogurt and lime juice in mixing bowl. Add pepper, onion, garlic, dill, chipotle powder and cilantro. Blend well.
4. Combine yogurt mixture and BBQ sauce. Mix until blended.
5. Pour mixture over beans. Toss lightly to combine.
6. Refrigerate until ready to use.

## NUTRITIONAL FACTS: PER SERVING

Calories: 196  
Total Fat: 1.76 g  
Saturated Fat: 0.02 g  
Cholesterol: 0.82 mg  
Sodium: 297 mg

Calcium: 22.39 mg  
Protein: 11.67 g  
Carbohydrates: 35 g  
Dietary Fiber: 10.51 g



# CREAMY ARROZ CON POLLO

Makes 6 servings

## INGREDIENTS

- 6 oz. cooked chicken
- 3 cups cooked brown rice
- 3 oz. chicken broth, low sodium
- 1-1/2 tsp cumin
- 1/2 cup plain fat-free Greek yogurt
- 1 tsp. chipotle cinnamon
- 2 cups reduced fat cheddar cheese, shredded

## INSTRUCTIONS

1. Combine all ingredients, except for cheddar cheese, in a bowl. Mix thoroughly.
2. Place chicken mixture into 8 X 8 square pan and spread evenly.
3. Top pan of chicken mixture evenly with cheddar cheese. Bake at 350°F for 15 minutes until temperature reaches 165° F
4. Cut into 6 even portions (3x2).

## NUTRITIONAL FACTS: PER SERVING

- |                       |                        |
|-----------------------|------------------------|
| Calories: 236         | Calcium: 282 mg        |
| Total Fat: 7.02 g     | Protein: 20 g          |
| Saturated Fat: 3.55 g | Carbohydrates: 23.53 g |
| Cholesterol: 17.2 mg  | Dietary Fiber: 1.28 g  |
| Sodium: 332.61 mg     |                        |



# RANCH VEGGIE PATTY ON BUN

Makes 4 servings

## INGREDIENTS

- 1 cup black beans, drained, rinsed
- 2-1/2 tsp. scallions, chopped
- 1-1/8 tsp cilantro
- 2/3 tsp. Mojito lime seasoning
- 1 cup quinoa, cooked
- 2/3 cup mashed sweet potatoes, cooked
- 4 whole wheat hamburger buns
- 1/2 cup Creamy Herb Yogurt Dressing (separate recipe)

## INSTRUCTIONS

1. In a bowl, mash black beans with potato masher. Add seasonings. Mix together.
2. Add quinoa and sweet potatoes to the black bean mixture. Mix well.
3. Measure 1/2 cup and form into 4 patties.
4. Bake for 30 minutes at 350°F. Flip the patties halfway through cooking.
5. Serve patty on whole grain bun with 1 Tbsp. dressing as condiment.

## NUTRITIONAL FACTS: PER SERVING

- |                       |                        |
|-----------------------|------------------------|
| Calories: 290         | Calcium: 240 mg        |
| Total Fat: 2.87 g     | Protein: 13.45 g       |
| Saturated Fat: 0.13 g | Carbohydrates: 55.24 g |
| Cholesterol: 0.79 mg  | Dietary Fiber: 7.91 g  |
| Sodium: 325 mg        |                        |



# SRIRACHA CHICKEN SALAD WRAP

Makes 5 servings

## INGREDIENTS

1/3 cup plain fat-free Greek yogurt  
1-1/2 tsp. Sriracha hot sauce  
1/2 tsp. granulated garlic  
1 tsp. dry minced onion  
1/2 tsp. canola oil  
1-1/4 cup Asian Slaw (separate recipe)  
10 oz. frozen, cooked diced chicken, thawed,  
1/2" pieces  
5 whole wheat tortillas

## INSTRUCTIONS

1. Place yogurt in bowl and mix with Sriracha hot sauce, garlic, onion, and oil. Mix thoroughly.
2. Portion 1/2 cup slaw on to center of each tortilla. Then portion 2 oz. chicken on top of slaw.
3. Place 1 Tbsp. of yogurt mixture down center of chicken. Roll in the form of a burrito and seal.

## NUTRITIONAL FACTS: PER SERVING

Calories: 263	Calcium: 88 mg
Total Fat: 6.30 g	Protein: 28 g
Saturated Fat: 1.17 g	Carbohydrates: 27 g
Cholesterol: 0.68 mg	Dietary Fiber: 5.12 g
Sodium: 550 mg	



# YOGURT MUFFINS

Makes 6 servings

## INGREDIENTS

- 1/2 cup plain fat-free yogurt
- 2 oz. low-fat or fat-free milk
- 1 package muffin mix, "just add water or milk" style

## INSTRUCTIONS

1. Combine yogurt and milk in mixing bowl. Whisk until well blended. Set aside.
2. Add yogurt/milk mixture to muffin mix. Stir until just blended. Do not overmix.
3. Portion 1/4 cup into greased or paper-lined muffin pans.
4. Bake at 350°F in oven for 20-24 minutes until top is golden brown.
5. Note: A variety of spices such as cinnamon or nutmeg can be added to base, if desired.

## NUTRITIONAL FACTS: PER SERVING

- |                    |                     |
|--------------------|---------------------|
| Calories: 130      | Calcium: 200 mg     |
| Total Fat: 2.5 g   | Protein: 2 g        |
| Saturated Fat: 1 g | Carbohydrates: 22 g |
| Cholesterol: 0 mg  | Dietary Fiber: <1 g |
| Sodium: 200 mg     |                     |



# CREAMY HERB YOGURT DRESSING

Makes 1-1/4 cup

## INGREDIENTS

1/2 cup 1% white milk  
2 Tbsp. lime juice  
1 cup plain fat-free Greek yogurt  
1/4 tsp. salt  
1/4 tsp. ground black pepper  
1 tsp. granulated onion  
1 tsp. garlic powder  
1 tsp. dried basil  
1 tsp. dried dill  
1 tsp. dried parsley

## INSTRUCTIONS

1. Combine milk and lime juice in a mixing bowl. Allow mixture to rest for 10 minutes.
2. Blend in the yogurt to the lime and milk mixture. Let mixture rest for 5 minutes.
3. Add rest of ingredients to mixture. Mix for 2-3 minutes until blended.
4. Chill at least 12 hours before serving to allow to thicken.

## NUTRITIONAL FACTS: PER SERVING

Calories: 35	Calcium: 70 mg
Total Fat: 0.32 g	Protein: 5 g
Saturated Fat: 0.12 g	Carbohydrates: 3.36 g
Cholesterol: 2.81 mg	Dietary Fiber: 0.26 g
Sodium: 129 mg	

