Ideas For Using More Milk

Milk and foods made from milk provide calcium. Calcium is needed to build strong bones and teeth. Infants, children and adults all need calcium to stay healthy. More calcium is needed during pregnancy, breastfeeding, and the growing years. Milk also gives you lots of protein, and vitamins for good health. If you are not getting enough milk, try some of these ideas.

Try Milk Drinks

- Yogurt Smoothie—blend or mix 1 cup milk, 2 tablespoons powdered milk, your favorite fruit, and ½ cup yogurt.

- Hot Chocolate—made with milk instead of water; add 1 tablespoon powdered milk for an extra punch of calcium.

Use Milk in Cooking

Add Fluid Milk to:
- creamed soups
- puddings and custards
- sauces and gravies
- hot cereals
- scalloped and au gratin potatoes

Add Dry Milk to:
- mashed potatoes
- dough for tortillas, breads, biscuits, and muffins
- meatloaf, meatballs, and hamburgers
- many things while cooking

(1/3 cup dry milk = 1 cup of fluid milk)

Eat More Cheese

On:
- cooked vegetables
- pizza
- tacos
- enchiladas
- nachos
- potatoes
- sandwiches

In:
- chile con queso
- chile rellenos
- lasagna
- casseroles
- refried beans
- salads
- spaghetti

Try Other Milk Products

Don’t forget to use cottage cheese and ice cream as part of your diet. They also give you calcium and add variety to your diet.
Cheese Snack Wafers

3/4 cup flour  
Dash cayenne pepper (optional)  
1/4 cup margarine or butter, softened  
2 cups cheese, shredded  
1 1/2 cups dry, unsweetened ready to eat cereal

Mix flour and cayenne pepper together in a small bowl. Set aside. In a large bowl, beat margarine and cheese together until light and fluffy. Add cereal to butter-cheese mixture. Stir until blended. Add the flour mixture and stir until just moistened. Drop teaspoons of batter onto an ungreased cookie sheet. Flatten each mound with a fork dipped in flour. Bake at 350 degrees for 12 minutes or until light brown around the edges. Remove from cookie sheet. Cool. Makes about 56 wafers.

Corn Chowder

1 medium onion, diced  
2 tablespoons butter or margarine  
2-16 ounce cans cream style corn  
1 can evaporated milk  
1/4 teaspoon pepper  
1/4 cup celery, diced  
2-16 ounce cans of whole potatoes  
2/3 cup nonfat dry milk powder  
1 can water, using evaporated milk can

In a large pan, cook onion and celery in butter until tender, about 5 minutes. Drain potatoes. Throw liquid away. Cut potatoes into small pieces. Add potatoes to onion and celery. Stir in corn, nonfat dry milk, evaporated milk, and pepper. Add 1 can of water, using milk can to measure. Heat just until ready to boil. Serve hot. Makes 10 servings, 1 1/4 cup each.

Meat, Cheese and Potato Pie

1 1/2 cups cooked, chopped beef, pork, or chicken  
1 3/4 cup water  
2 cups instant potato flakes  
1-16 ounce can carrots  
1/2 cup cheese, grated  
2 tablespoons butter or margarine  
2 tablespoons nonfat dry milk powder  
1 tablespoon prepared mustard  
1/4 cup onion, chopped


KDHE-Nutrition & WIC, 1000 SW Jackson, Ste 220, Topeka, KS 66612-1274