

# COOK

# BOOK



## Dairy

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# Dairy

The Dairy Group includes fluid milk products, calcium-fortified soymilk, and foods made from milk that have high calcium content like yogurt and cheese. Dairy food sources are rich in calcium, which help build and maintain bones and teeth, as well as vitamin D which helps the body absorb and use calcium and phosphorus. Additional nutrients in dairy foods include potassium, vitamin A, vitamin B12, zinc and protein. These nutrients help maintain healthy bones, reduce the risk of osteoporosis, and help to regulate blood pressure. To reduce your risk of heart disease and high cholesterol, choose low or reduced fat milk, yogurt, and cheese. The USDA recommends that most adults should consume 3 cups of dairy foods each day. Below is a helpful table to see what counts as 1 serving from the dairy group:

| Dairy Food                  | 1 Cup Equivalent  |
|-----------------------------|---|
| Milk                        | 1, 8oz cup  |
| Yogurt                      | 1 cup   |
| Cheese                      | 1 ½ ounces natural cheese (cheddar, mozzarella, Swiss, Parmesan)<br>1/3 cup shredded<br>2 ounces processed cheese (American)<br>2 cups cottage cheese |
| Soymilk (calcium-fortified) | 1, 8oz cup  |



## Dairy Free Milk

Dairy-free foods are a great alternative for individuals who may have an intolerance or allergy to cow's milk. However, dairy-free products do not always contain the same amount of nutrients as full-dairy products. Calcium and Vitamin D are two essential nutrients for bone strength that may be lacking in the diet of someone who is dairy-free. Be sure to eat more of other foods that contain calcium and vitamin D to prevent deficiencies. Foods like canned fish, soy products, some leafy greens, calcium-fortified juices, cereals, and breads are good sources of calcium. Few foods naturally contain enough of the Vitamin D we need. Spending 30 minutes a day in the sunlight is the best way to get this essential nutrient.

Which non-dairy milk is the best nutritious choice? Here is a helpful table comparing the main nutrients in a few different dairy-free milk options when compared to regular 1% milk:

| Brand                   | Calories (per 8 oz) | Protein | Calcium (% Daily Value) | Vitamin D (% Daily Value) |
|-------------------------|---------------------|---------|-------------------------|---------------------------|
| 1% Cow's Milk           | 110                 | 8g      | 30%                     | 25%                       |
| Lactaid 1% Milk         | 110                 | 8g      | 30%                     | 25%                       |
| Silk Soy Milk           | 110                 | 8g      | 30%                     | 15%                       |
| Silk Almond Milk        | 60                  | 1g      | 45%                     | 25%                       |
| Oatly Oat Milk          | 90                  | 3g      | 25%                     | 20%                       |
| Ripple Pea Protein Milk | 90                  | 8g      | 35%                     | 30%                       |

A primary reason that people may choose non-dairy options is due to a milk allergy or lactose intolerance. Lactose is the sugar naturally found in milk. Some people are lacking or have less of an enzyme called lactase, which is required to digest lactose. When these individuals consume dairy foods, they can experience nausea, diarrhea and bloating. For these reasons, eating dairy foods that have less lactose might be a good option. Many low lactose foods have been processed to remove most of the lactose or contain live cultures, also known as probiotics, that help reduce the concentration of lactose in fermented foods. Here is a table of high and low lactose foods:

| High Lactose Foods            | Low Lactose Foods                      |
|-------------------------------|--|
| Cheese spreads                | Aged, processed and natural cheeses    |
| Cream and half and half       | Cottage and ricotta cheese             |
| Evaporated and condensed milk | Kefir cultured milk drinks             |
| Ice cream                     | Sherbet                                |
| Milk and dried, powdered milk | Yogurt with live cultures (probiotics) |
| Sour cream                    | Butter and margarine                   |
| Whey                          | Cream cheese                           |



References:

- <https://www.choosemyplate.gov/eathealthy/dairy/dairy-calcium-sources>
- <https://www.fda.gov/consumers/consumer-updates/problems-digesting-dairy-products>
- <https://www.drugs.com/cg/low-lactose-diet.html>

RECIPE

1

## Chicken and Mushroom Coconut Soup

Prep time

15 MIN

Cook Time

45 MIN

Serves

2



### Ingredients

1 Tablespoon olive oil  
1 Tablespoon garlic, minced  
1 inch peeled ginger, cut in half lengthwise  
zest from 1 lemon  
1 Cup mushrooms, sliced ¼ inch  
2 Cups chicken stock or broth  
3 Tablespoons lime juice  
2 Cups shredded, roasted chicken  
1 Can lite coconut milk  
3 Tablespoons chopped fresh cilantro leaves

### Directions

1. In a stock pot, turn to medium heat and add oil. Add garlic, ginger, and mushrooms.
2. Sauté, stirring occasionally, for 7 minutes.
3. Add in chicken stock, chicken, coconut milk, lemon zest, and cilantro. Simmer for 30-45 minutes. Fish out ginger halves.
4. Add lime juice, ladle into bowl and garnish with cilantro.

#### Substitutions:

For extra flavor, a teaspoon of fish sauce may be added. Basil can be used in place of cilantro.

RECIPE

2

## Healthy Yogurt Fruit Dip

Prep time

2 MIN

Cook Time

0 MIN

Serves

4



### Ingredients

1 1/3 cup plain Greek yogurt  
2 tsp. honey  
1/4 tsp. orange zest  
1 Tbsp. orange juice  
1/8 tsp. vanilla extract

### Directions

1. Stir together all ingredients in a serving bowl.
2. Cover and chill until ready to eat.
3. Dip with your favorite fruit or pretzels.

RECIPE

3

## Chilled Cucumber Soup

Prep time

15 MIN

Cook Time

45 MIN

Serves

4



### Ingredients

1 tablespoon extra-virgin olive oil  
2 cloves garlic, minced  
1 small onion, diced  
1 tablespoon lemon juice  
4 cups peeled, seeded and thinly sliced cucumbers, divided  
1 1/2 cups vegetable broth, or reduced-sodium chicken broth  
Dash of salt  
1/4 teaspoon freshly ground pepper  
Pinch of cayenne pepper  
1 avocado, diced  
1/4 cup chopped fresh parsley, plus more for garnish  
1/2 cup low-fat plain yogurt

### Directions

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.
2. Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.



RECIPE

4

## Low Fat Mac and Cheese

Prep time

30 MIN

Cook Time

30 MIN

Serves

8



### Ingredients

12oz whole wheat pasta  
1 ½ Tbsp butter or olive oil  
¼ cup minced onion  
¼ cup flour  
2 cups low fat milk  
1 cup vegetable broth  
2 cups shredded cheddar cheese  
12oz broccoli florets  
2 Tbsp parmesan or nutritional yeast  
¼ cup panko breadcrumbs  
Cooking spray  
Salt and pepper to taste

### Directions

1. Spray an 8x8 baking dish with cooking spray and set aside. Preheat oven to 375 F.
2. In a large pot of salted water, cook the pasta according to package directions 2 minutes less than al dente. The pasta will finish cooking in the oven.
3. While pasta is cooking, chop broccoli into bite sized pieces. Add broccoli to cooking pasta when there are 3 minutes left to steam. Drain and set aside.
4. In a large skillet, melt the butter, then add the onion and cook over low heat for 2 minutes. Add the flour and cook 1 minute or until flour is golden and well-combined.
5. Whisk in milk and broth, raise heat to medium-high until it comes to a boil, then cook an additional 5 minutes or until smooth and thick. Season with salt and pepper if desired.
6. Remove from heat, add cheese, and stir until melted.
7. Fold in the cooked pasta and broccoli, then pour into the prepared baking dish. Top with the breadcrumbs and Parmesan or nutritional yeast. Spray cooking spray on top. Bake 15-20 minutes, then broil a few minutes

RECIPE

5

## Neapolitan Ice Cream

Prep time

20 MIN

Cook Time

5 MIN

Serves

2



### Ingredients

8 Tbsp Organic Hummus, Dark Chocolate  
1 cup, halves Strawberries  
3 medium Bananas  
1/2 cup Almond Milk  
1 Tbsp Organic Cacao Powder  
1 tbsp Coconut Oil

### Directions

1. Blend bananas, ice cubes and nut milk until smooth. Separate into three bowls.
2. Blend strawberries with one bowl and dark chocolate hummus with another bowl.
3. Layer ice cream in jars and top with strawberries.
4. Melt coconut oil with cacao powder and drizzle on top of ice cream jars—it will harden immediately!

\* Chocolate topping is optional. Its ingredients are included on the nutrition label.

RECIPE

6

**Spiced  
Pumpkin  
Yogurt  
Parfait**

Prep time

**10** MIN

Cook Time

**0** MIN

Serves

**2**



**Ingredients**

- 3/4 cup low sodium canned pumpkin (not pumpkin pie mix)
- 1 teaspoon agave nectar
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup nonfat plain Greek yogurt
- 1 cup low fat granola

**Directions**

1. In a medium-sized bowl, mix together the pumpkin, agave nectar, ground ginger, cinnamon and nutmeg until combined.
2. In two small glasses or bowls, scoop some of the pumpkin mixture into the bottom.
3. Layer with the Greek yogurt, granola, agave nectar, and more of the pumpkin mixture.
4. Serve. Sweeten with additional agave nectar, if you wish.

# Nutrition Labels

## Chicken, Coconut and Mushroom Soup

| Nutrition Facts  |                   |                |         |
|--|-------------------|----------------|---------|
| Serving size: 1 Cup (533 g)  |                   |                |         |
| Servings Per Container: 2  |                   |                |         |
| Amount per serving   |                   |                |         |
| Calories: 371  | Fat Calories: 182 |                |         |
|  |                   | % Daily Value* |         |
| Total Fat 21g  | Less than         | 65g            | 32%     |
| Saturated Fat 7g   | Less than         | 20g            | 36%     |
| Trans Fat 0g   | Less than         | 20g            |         |
| Cholesterol 105mg  | Less than         | 300mg          | 35%     |
| Sodium 986mg   | Less than         | 2,400mg        | 41%     |
| Calcium 37mg   | Less than         | 2,400mg        | 4%      |
| Potassium 527mg  | Less than         | 2,400mg        | 15%     |
| Phosphorus 310mg   | Less than         | 2,400mg        | 31%     |
| Total Carb 8g  | Less than         | 300g           | 3%      |
| Dietary Fiber 1g   | Less than         | 25g            | 4%      |
| Sugars 2g  | Less than         | 30g            |         |
| Protein 38g  | Less than         | 30g            | 77%     |
| Vitamin A 3%   |                   | Vitamin C 22%  |         |
| Calcium 4%   |                   | Iron 13%       |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |                   |                |         |
|  | Calories:         | 2,000          | 2,500   |
| Total Fat  | Less than         | 65g            | 80g     |
| Sat Fat  | Less than         | 20g            | 25g     |
| Cholesterol  | Less than         | 300mg          | 300mg   |
| Sodium   | Less than         | 2,400mg        | 2,400mg |
| Total Carbohydrate   |                   | 300g           | 375g    |
| Dietary Fiber  |                   | 25g            | 30g     |

## Healthy Yogurt Fruit Dip

| Nutrition Facts  |                 |                |         |
|--|-----------------|----------------|---------|
| Serving size: 2 oz (83 g)  |                 |                |         |
| Amount per serving   |                 |                |         |
| Calories: 57   | Fat Calories: 3 |                |         |
|  |                 | % Daily Value* |         |
| Total Fat 0g   | Less than       | 65g            | 0%      |
| Saturated Fat 0g   | Less than       | 20g            | 0%      |
| Trans Fat 0g   | Less than       | 20g            |         |
| Cholesterol 4mg  | Less than       | 300mg          | 1%      |
| Sodium 27mg  | Less than       | 2,400mg        | 1%      |
| Calcium 84mg   | Less than       | 2,400mg        | 8%      |
| Potassium 116mg  | Less than       | 2,400mg        | 3%      |
| Phosphorus 103mg   | Less than       | 2,400mg        | 10%     |
| Total Carb 6g  | Less than       | 300g           | 2%      |
| Dietary Fiber 0g   | Less than       | 25g            | 0%      |
| Sugars 6g  | Less than       | 30g            |         |
| Protein 8g   | Less than       | 30g            | 16%     |
| Vitamin A 0%   |                 | Vitamin C 3%   |         |
| Calcium 8%   |                 | Iron 0%        |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |                 |                |         |
|  | Calories:       | 2,000          | 2,500   |
| Total Fat  | Less than       | 65g            | 80g     |
| Sat Fat  | Less than       | 20g            | 25g     |
| Cholesterol  | Less than       | 300mg          | 300mg   |
| Sodium   | Less than       | 2,400mg        | 2,400mg |
| Total Carbohydrate   |                 | 300g           | 375g    |
| Dietary Fiber  |                 | 25g            | 30g     |

## Chilled Cucumber Soup

| Nutrition Facts  |                   |                |         |
|--|-------------------|----------------|---------|
| Serving size: 1 Cup (297 g)  |                   |                |         |
| Amount per serving   |                   |                |         |
| Calories: 170  | Fat Calories: 104 |                |         |
|  |                   | % Daily Value* |         |
| Total Fat 12g  | Less than         | 65g            | 18%     |
| Saturated Fat 2g   | Less than         | 20g            | 12%     |
| Trans Fat 0g   | Less than         | 20g            |         |
| Cholesterol 2mg  | Less than         | 300mg          | 1%      |
| Sodium 79mg  | Less than         | 2,400mg        | 3%      |
| Calcium 83mg   | Less than         | 2,400mg        | 8%      |
| Potassium 476mg  | Less than         | 2,400mg        | 14%     |
| Phosphorus 65mg  | Less than         | 2,400mg        | 6%      |
| Total Carb 14g   | Less than         | 300g           | 5%      |
| Dietary Fiber 6g   | Less than         | 25g            | 24%     |
| Sugars 6g  | Less than         | 30g            |         |
| Protein 4g   | Less than         | 30g            | 8%      |
| Vitamin A 6%   |                   | Vitamin C 35%  |         |
| Calcium 8%   |                   | Iron 3%        |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |                   |                |         |
|  | Calories:         | 2,000          | 2,500   |
| Total Fat  | Less than         | 65g            | 80g     |
| Sat Fat  | Less than         | 20g            | 25g     |
| Cholesterol  | Less than         | 300mg          | 300mg   |
| Sodium   | Less than         | 2,400mg        | 2,400mg |
| Total Carbohydrate   |                   | 300g           | 375g    |
| Dietary Fiber  |                   | 25g            | 30g     |

# Nutrition Labels

## Low-Fat Mac and Cheese

| Nutrition Facts  |           |                   |         |
|--|-----------|-------------------|---------|
| Serving size: 1 cup (227 g)  |           |                   |         |
| Servings Per Container: 8  |           |                   |         |
| Amount per serving   |           |                   |         |
| Calories: 333  |           | Fat Calories: 119 |         |
| % Daily Value*   |           |                   |         |
| Total Fat  | 14g       |                   | 21%     |
| Saturated Fat  | 7g        |                   | 36%     |
| Trans Fat  | 0g        |                   |         |
| Cholesterol  | 34mg      |                   | 11%     |
| Sodium   | 283mg     |                   | 12%     |
| Calcium  | 293mg     |                   | 29%     |
| Potassium  | 191mg     |                   | 5%      |
| Phosphorus   | 162mg     |                   | 16%     |
| Total Carb   | 40g       |                   | 13%     |
| Dietary Fiber  | 6g        |                   | 24%     |
| Sugars   | 1g        |                   |         |
| Protein  | 17g       |                   | 35%     |
| Vitamin A 12%  |           | Vitamin C 27%     |         |
| Calcium 29%  |           | Iron 19%          |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |           |                   |         |
|  | Calories: | 2,000             | 2,500   |
| Total Fat  | Less than | 65g               | 80g     |
| Sat Fat  | Less than | 20g               | 25g     |
| Cholesterol  | Less than | 300mg             | 300mg   |
| Sodium   | Less than | 2,400mg           | 2,400mg |
| Total Carbohydrate   |           | 300g              | 375g    |
| Dietary Fiber  |           | 25g               | 30g     |

## Neapolitan Ice Cream

| Nutrition Facts  |           |                  |         |
|--|-----------|------------------|---------|
| Serving size: 1 4oz (378 g)  |           |                  |         |
| Servings Per Container: 2  |           |                  |         |
| Amount per serving   |           |                  |         |
| Calories: 358  |           | Fat Calories: 90 |         |
| % Daily Value*   |           |                  |         |
| Total Fat  | 10g       |                  | 16%     |
| Saturated Fat  | 7g        |                  | 33%     |
| Trans Fat  | 0g        |                  |         |
| Cholesterol  | 0mg       |                  | 0%      |
| Sodium   | 120mg     |                  | 5%      |
| Calcium  | 178mg     |                  | 18%     |
| Potassium  | 829mg     |                  | 24%     |
| Phosphorus   | 57mg      |                  | 6%      |
| Total Carb   | 61g       |                  | 20%     |
| Dietary Fiber  | 11g       |                  | 46%     |
| Sugars   | 35g       |                  |         |
| Protein  | 5g        |                  | 10%     |
| Vitamin A 5%   |           | Vitamin C 100%   |         |
| Calcium 18%  |           | Iron 15%         |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |           |                  |         |
|  | Calories: | 2,000            | 2,500   |
| Total Fat  | Less than | 65g              | 80g     |
| Sat Fat  | Less than | 20g              | 25g     |
| Cholesterol  | Less than | 300mg            | 300mg   |
| Sodium   | Less than | 2,400mg          | 2,400mg |
| Total Carbohydrate   |           | 300g             | 375g    |
| Dietary Fiber  |           | 25g              | 30g     |
| <b>Contains: Nuts</b>  |           |                  |         |

## Spiced Pumpkin Yogurt Parfait

| Nutrition Facts  |           |                  |         |
|--|-----------|------------------|---------|
| Serving size: 1 Parfait (256 g)  |           |                  |         |
| Amount per serving   |           |                  |         |
| Calories: 280  |           | Fat Calories: 27 |         |
| % Daily Value*   |           |                  |         |
| Total Fat  | 3g        |                  | 5%      |
| Saturated Fat  | 1g        |                  | 4%      |
| Trans Fat  | 0g        |                  |         |
| Cholesterol  | 6mg       |                  | 2%      |
| Sodium   | 102mg     |                  | 4%      |
| Calcium  | 184mg     |                  | 18%     |
| Potassium  | 368mg     |                  | 11%     |
| Phosphorus   | 188mg     |                  | 19%     |
| Total Carb   | 51g       |                  | 17%     |
| Dietary Fiber  | 6g        |                  | 24%     |
| Sugars   | 24g       |                  |         |
| Protein  | 17g       |                  | 33%     |
| Vitamin A 286%   |           | Vitamin C 6%     |         |
| Calcium 18%  |           | Iron 17%         |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |           |                  |         |
|  | Calories: | 2,000            | 2,500   |
| Total Fat  | Less than | 65g              | 80g     |
| Sat Fat  | Less than | 20g              | 25g     |
| Cholesterol  | Less than | 300mg            | 300mg   |
| Sodium   | Less than | 2,400mg          | 2,400mg |
| Total Carbohydrate   |           | 300g             | 375g    |
| Dietary Fiber  |           | 25g              | 30g     |

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