



The Power of Yogurt and How to Use It



Why eat yogurt? It's great nutrition in a delicious package.

Great nutrition

The numbers vary across brands, but most yogurt varieties are great sources of:

- Protein for building lean muscles.
- Potassium for helping regulate the fluids in your body.
- Calcium for strong bones.
- Phosphorus for using and storing energy.
- Riboflavin for a healthy central nervous system.

Great for your gut – especially if you have lactose intolerance

Look for “live and active cultures” on the label. Those cultures, or “probiotics,” are the good bacteria that live in your gut to help you digest things. Probiotics also make yogurt easier to digest for people with lactose intolerance.

Get creative in the kitchen

Yogurt is delicious and there are tons of ways to eat it, from different flavors to protein-packed Greek yogurt.

Try Greek Yogurt in:

- **Dips** like hummus or guacamole for added nutrition and a tangy flavor.
- **Dressings** can be made with Greek yogurt, whether a classic ranch or a creamy version of a vinaigrette.
- **Toppings** for Mexican foods, potatoes, waffles and pancakes.
- **Marinades** for tender meat with a delicious tangy flavor.
- **Smoothies and popsicles** for creamy tanginess and added protein.

Use it as a healthier, nutrient-packed substitution in a variety of dishes:

| TRY IT IN | INSTEAD OF | USE |
|--|------------------|--------------------|
| Cold salads like tuna, chicken and potato salads. | 1 cup mayonnaise | 1 cup Greek yogurt |
| Baked goods for a dense but tender product with less fat and more protein and calcium. | 1 cup oil | ¾ cup Greek yogurt |



Blues Buster Smoothie

INGREDIENTS

- ¾ cup (6 ounces) low-fat blueberry yogurt
- ½ cup apple juice
- 1/3 cup fresh or frozen blueberries
- 1/3 cup fresh or frozen peaches
- 5 to 6 ice cubes

INSTRUCTIONS

Combine all ingredients in blender; blend until smooth. Amount of ice will vary depending on desired consistency. Pour into a glass and serve chilled.



Salad in a Jar

INGREDIENTS

For the dressing

- ¼ cup each buttermilk and plain yogurt
- 3 tablespoons reduced fat mayonnaise
- ¼ teaspoon hot sauce
- ¼ teaspoon garlic salt
- 2 teaspoons lemon juice
- 1 tablespoon chopped chives

For the salad

- 1 cup cherry or grape tomatoes
- ¼ cup shredded carrot
- ¼ cup cooked crumbled bacon
- 1½ cups (6 ounces) shredded Colby Jack or Cheddar Jack cheese
- 2 cups torn spinach

INSTRUCTIONS

For the dressing

In a medium bowl combine buttermilk, yogurt and mayonnaise until blended. Stir in remaining dressing ingredients. Refrigerate until ready to assemble salads. Dressing may be prepared up to 2 days ahead and stored in a covered container in the refrigerator.

For the salad

Divide dressing among 4 pint-size Mason jars with lids. Layer tomatoes, carrot, bacon, cheese and spinach. Cover and refrigerate. Shake to coat salad before eating.



Greek Yogurt Tuna Casserole

INGREDIENTS

- 2 cans tuna, drained
- 8 ounces pasta
- 2 cups frozen mixed vegetables, defrosted
- 1 cup low-fat, plain Greek yogurt

- 4 ounces Colby-Jack cheese, shredded
- ½ cup low-fat or fat-free milk
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- 1 Tablespoon Dijon mustard

INSTRUCTIONS

Preheat oven to 375 degrees F. Cook pasta according to package directions, drain and set aside. Combine all ingredients in a large bowl and stir until well blended. Transfer to a casserole dish, cover with foil and bake 30-40 minutes, until heated through.