



## Enjoying the Health Benefits of Dairy

June 2014

### Strawberry Soup

*Source: modified from Food.com*

Makes: 4 servings | Time: 5 minutes

#### Ingredients

2 lbs frozen strawberries, slightly thawed  
16 ounces half and half  
6 ounces nonfat plain Greek yogurt  
1/2 lb fresh strawberries, for garnish

#### Directions

Blend all of the ingredients (except the fresh berries) on low until smooth. Chill and shake well before serving. Add fresh strawberry halves as a garnish.

Nutrition Facts: Calories 275, Total Fat 15g, Saturated Fat 9g, Trans Fat 0g, Cholesterol 45mg, Sodium 68mg, Total Carbohydrate 21g, Fiber 6g, Sugars 21g, Protein 39g

# Banana and Yogurt Crepes

Source: modified from [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)

Time: 30 minutes

Serves: 4 (2 crepes & 5 tablespoons yogurt mixture/serving)

## Ingredients

2 eggs  
1/2 cup low fat milk  
1/2 cup water  
1 cup all-purpose flour  
1/8 teaspoon salt  
2 tablespoons butter, melted  
1 (8 ounce) container fat free vanilla yogurt  
1 tablespoon honey  
1 banana, diced  
½ teaspoon vanilla extract  
Fresh mint sprigs, optional  
Powdered sugar, optional

## Directions

Crepes:

1. In a medium bowl, whisk together eggs, milk, and water. Add flour, salt and butter. Beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
3. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.
4. Continue making crepes with remaining batter. To prevent sticking, place a piece of waxed paper between each crepe.

Filling

1. Puree yogurt, vanilla and honey in a blender or food processor until smooth.
2. Gently combine yogurt mixture and diced bananas.
3. Spread each crepe with about 2 ½ tablespoons of the filling and roll into cylinders.
4. Garnish with mint sprigs and powdered sugar, if desired.

Nutrition Information per Serving: 280 calories, 9 g total fat, 1.5 g saturated fat, 110 mg cholesterol, 205 mg sodium, 85 g carbohydrate, 2 g fiber, 18 g sugars, 11 g protein

# Greek Chicken Wrap with Tzatziki Herb Yogurt Sauce

Source: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

Makes: 4 servings | Prep Time: 30 minutes | Cook Time: 11 minutes

## Ingredients

For the sauce:

- 2 cups fat-free plain yogurt
- 1 cup peeled, seeded and diced cucumber
- 2 tablespoons chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon white vinegar
- 2 teaspoons minced garlic
- 1/4 teaspoon salt (optional)

For the wrap:

- 1 (6-ounce) boneless, skinless chicken breast
- 1 tablespoon light Italian dressing
- 4 (6-inch) whole wheat pitas
- 2 cups chopped romaine lettuce
- 1 medium tomato, chopped
- 1/2 cup sliced red onion
- 1/4 cup crumbled Feta cheese
- 4 kalamata or black olives, pitted and sliced

## Directions

1. For the sauce:  
In a medium bowl, combine all ingredients until blended. Sauce may be made up to 2 hours in advance. Cover and refrigerate until serving.
2. For the wrap:  
Place chicken breast in a plastic bag and add Italian dressing. Let the chicken marinate for 15 minutes; pound (using a meat pounder or mallet or the bottom of a skillet) and flatten to about 1/2-inch thickness; and remove chicken.
3. In a large non-stick skillet over medium heat, cook chicken breast about 5 minutes per side or until nicely browned and cooked through. Place chicken on a cutting board and slice thinly against the grain; set aside.
4. Warm pitas in microwave oven 30 seconds. Place one pita on a plate and spread 1/2 cup of the lettuce and 1/4 of the chicken slices on top. Sprinkle 1/4 each of the tomato, onion, Feta cheese and olives. Spoon some of the tzatziki sauce over top and fold in edges of pita. Wrap sandwich in parchment or waxed paper for plating and serving. Repeat with remaining pitas. Serve immediately with additional sauce on the side.

Nutrition Facts: Calories: 350, Total Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 40 mg, Sodium: 670 mg, Protein: 24 g, Carbohydrates: 51 g, Dietary Fiber: 6 g