



# The Dietitian's DISH

...for a  
Healthy  
Lifestyle



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## JUNE dairy month

is the perfect time to look beyond the staples you count on every day, and to see the *creative possibilities* that come from foods in the refrigerated dairy aisle.

Dairy products like milk, cheeses and yogurt contain high-quality protein, calcium, vitamin D and many more health-promoting nutrients. With everything from cow's milks to plant-based milks (soy, cashew, coconut, and almond), juices, cheeses, eggs, yogurts, diced potatoes, and breads, you can easily find well-balanced nutrition up and down the dairy aisle.

You can't beat the reasonable cost for appealing and readily available sources of high-quality protein and nutrients in the dairy aisle! Make healthy swaps by using dairy items in a new way – try using plain yogurt in place some of the mayonnaise or sour cream in dips. You'll get a protein boost and cut calories and fat!

### Blue Cheese Dip

#### Ingredients:

- 1 1/2 cups (12 ounces) **cottage cheese**
- 1/3 cup (2 ounces) **blue cheese crumbles**
- 1/8 teaspoon pepper
- 1/2 teaspoon Worcestershire sauce
- 2 teaspoons onion, grated
- 3 tablespoons **coconut milk**
- 1/2 teaspoon paprika



#### Cooking Instructions:

Beat cottage cheese on high speed with electric mixer for 2 minutes. Add remaining ingredients; mix well. Serve chilled, with fresh vegetables or something crunch like whole grain crackers, tortilla or pita chips. Get creative and use a thin layer on a wrap in place of mayonnaise.

*Recipe adapted from Dairy Farmers of Wisconsin.*