



The Dietitian's DISH



JUNE dairy month



The dairy aisle offers cool possibilities for snacking. Find a few favorites by exploring simple ways to enjoy fresh, refrigerated foods.

Nutrition recommendations suggest fueling up with three servings of dairy each day - for stronger bones (from Calcium and Vitamin D) and to build muscle (from protein). Other nutrients in dairy products help manage weight by converting food into energy. Fat-free and low-fat varieties of milk, cheese, or yogurt are ideal.

When you eat at least 2 food groups together, you are fueling your body to work its best. Can you get more creative than these snack options?

- **Salsa Roll-Up:** Roll reduced fat Pepper Jack cheese into a whole-wheat tortilla and warm; dip in salsa.
- **Antipasti Skewers:** Thread cooked pasta marinated in Italian dressing, cubed cheese, baby spinach leaves, and grape tomatoes onto soaked skewers.

Try these muffins for a power-up breakfast or savory afterschool snack. No matter what time of day, they will offer the right nutrients to fuel your daily activities!

Power-Up Muffin Cups

Ingredients:

- 8 eggs large (or 4 eggs and 8 egg whites)
- 1 3/4 cups plain fat-free Greek yogurt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/4 tsp. ground black pepper
- 1 1/4 cups shredded 2% Mozzarella cheese, divided
- 1 1/4 cups shredded 2% Cheddar cheese
- 1 1/2 cups broccoli, chopped
- 1 1/2 cups whole-grain bread, cubed

Directions:

1. Preheat the oven to 375°F. Coat a 12-cup muffin tin with non-stick cooking spray.
2. In a large bowl, beat the eggs and yogurt until thoroughly combined. Whisk in the onion powder, garlic powder, and pepper. Stir in 3/4 cup of the mozzarella, all of the Cheddar, the broccoli and the bread; mix thoroughly.
3. Let stand for 10 minutes. Stir thoroughly; divide the mixture evenly among prepared muffin cups (two-thirds full.) Top evenly with the remaining mozzarella.
4. Bake for 20 to 25 minutes or until the tops are golden brown. Let stand for 5 minutes before serving.

