

EAT WELL, AGE WELL. DAIRY MONTH

Beans and Dairy, Brilliant!

Beans are an excellent source of fiber, potassium, and protein. They are affordable and most of us keep them stocked in our cupboards.

This easy recipe has 12 grams of protein, 10 grams of fiber and 22 mg of calcium per ½ cup serving.

The BBQ sauce adds a tasty kick to this traditional favorite.

Enjoy!

BBQ 3-Bean Salad



Photo Courtesy of Pixabay.com

Ingredients:

- 2/3 cup canned black beans, drained
- 2/3 cup canned pinto beans, drained
- 2/3 cup garbanzo beans, drained
- 1 cup fat-free Greek yogurt
- 1 TBSP + 2 tsp. lime juice
- ¼ tsp ground black pepper
- ¼ tsp granulated onion
- ¼ tsp garlic powder
- ¼ tsp dried dill
- ¼ tsp chipotle powder
- 2 ½ TBSP BBQ Sauce
- ¾ tsp dried cilantro or 1 TBSP fresh (optional)

Directions

1. Rinse all beans in cold water and drain well.
2. Combine all beans together.
3. Combine yogurt and lime juice in mixing bowl. Add pepper, onion, garlic, dill, chipotle powder and cilantro. Blend well.
4. Combine yogurt mixture and BBQ sauce. Mix until blended.
5. Pour mixture over beans. Toss lightly to combine.
6. Refrigerate until ready to use as well as any leftovers. Use within 3 days.

Recipe adapted from:
The National Dairy Council

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You Need to Eat High Quality Protein Throughout the Day

Dairy can help prevent a serious age-related condition called Sarcopenia. This progressive loss of muscle mass and function is estimated to affect up to 33% of people over the age of 50.

The good news, researchers are finding that eating adequate, high quality protein, from animal sources such as dairy foods, can help preserve muscle and your ability to perform daily activities.

Eating Greek yogurt is an inexpensive, easy way to consume protein as it has more protein per serving than regular yogurt.

Here is a yummy way to enjoy Greek yogurt.

Creamy Herb Yogurt Dressing



Photo Courtesy of Pixabay.com

Ingredients:

- 1/2 cup milk
- 2 TBSP lime juice
- 1 cup plain fat-free Greek yogurt
- ¼ tsp salt
- ¼ tsp pepper
- 1 tsp granulated onion
- 1 tsp. garlic powder
- 1 tsp. dried basil
- 1 tsp. dried dill
- 1 tsp. dried parsley

Directions

1. Combine milk and lime juice in bowl. Allow mixture to rest for ~ 10 minutes.
2. Blend in the yogurt to the lime and milk mixture. Let rest for 5 minutes.
3. Add rest of the ingredients. Mix for 2-3 minutes or until blended.
4. Chill at least 12 hours before serving to allow mixture to thicken.
5. Discard after 3 days.

Recipe adapted from:
The National Dairy Council

GWAAR Nutrition Team in Collaboration with UW Stout
Dietetic Students by Pam VanKampen, RDN, CD

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Yogurt to Be Kidding Me, I Can Bake with Yogurt?

Yes, yogurt is an excellent dairy to bake with. Because of its acidity, yogurt reacts with baking soda to encourage leavening and adds nice, tangy notes to the baked goods.

If a recipe calls for regular yogurt and you only have the thicker Greek-style, simply thin it with a little milk or water until it is the texture of regular-style. If you need Greek yogurt but only have regular, simply strain off some of the whey liquid.

Check out some yummy recipes at <https://www.thekitchn.com/14-ways-to-bake-with-yogurt-239444>

Yogurt Muffins



Pixabay.com, RitaE (Photographer)

Ingredients:

- ½ cup plain fat-free yogurt
- 2 oz. low-fat or fat-free milk
- 1 package muffin mix of your choice, the “just at water” type

Directions

1. Combine yogurt and milk in a bowl with a whisk until blended.
2. Add the yogurt and milk mixture to the muffin mix. Stir until just blended, do not overmix or the muffins will tunnel.
3. Portion into greased or lined muffin tins.
4. Make at 350 degrees F for ~20 minutes until the top is golden brown and toothpick comes out clean.
5. For variety, you can add cinnamon, nutmeg, cloves, etc. any spice you like.

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A Dynamic Duo- Sweet Potato and Yogurt

This bar recipe is packed full of vitamin A. Vitamin A, or retinol, has several functions in the body including:

Eye Health. The mechanism of how it is broken down and used by the eye is complicated but “night blindness” is very easy to understand. Getting adequate Vitamin A in your diet can help.

Immune System. Vitamin A plays a key role in the development of protective white blood cells. It also helps maintain the integrity and function of skin and mucosal cells in your airway, digestive and urinary system. It acts as a barrier and helps form the body's first line of defense against infection.

Eat Well, Age Well!

Sweet Potato Yogurt Bar



Photo Courtesy of Pixabay.com

Ingredients:

- ¼ cup plus 2 TBSP water
- 16 oz + ¼ cup low-fat vanilla yogurt
- 2 tsp. Ground cinnamon
- 2 cups, Sweet potatoes, canned, drained and mashed
- 3 cups Whole grain muffin mix (dry)
- ¼ to ½ cup Fruit, fresh or dried, (optional)

Directions

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, combine water, yogurt, cinnamon, sweet potatoes, and muffin mix. Do not over mix.
3. If you are adding fruit fold it in gently.
4. Spray a large cookie sheet with edges with nonstick spray.
5. Pour batter into pan and bake at 350 for ~18 to 25 minutes. Rotate pan halfway through the cook time.
6. Allow to cool, then store in the refrigerator. Eat within 3 days or freeze and eat a bar at a time.

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The National Dairy Council

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