



# Harvest of the Month

# DAIRY



## RECIPE: NO BAKE RICOTTA PEACH TART

YIELD: 5 INDIVIDUAL TARTS

All the wonderful flavors of a cobbler, but served cool and ready in no time. Use fresh peaches or other stone fruit if you have any, and of course local dairy!

### INGREDIENTS

- 2 1/2 cups low-fat ricotta cheese
- 2 1/2 cups low-fat vanilla yogurt
- 1 whole lemon
- 10 oz graham cracker Goldfish
- 2 1/2 cups canned, diced peaches in juice

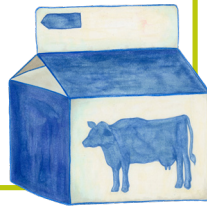
### PREPARATION

1. Combine ricotta cheese and yogurt. Blend together.
2. Zest lemon and then juice. Add zest and juice to the ricotta/ yogurt mixture and stir until blended.
3. Crumble the graham cracker goldfish.
4. In a glass, portion 2 oz of graham cracker crumbs; top with 1 cup ricotta/yogurt mixture.
5. Finish by adding 1/2 cup diced peaches on top.
6. Serve chilled.

Adapted from: New England Dairy Council

### MEAL PATTERN CONTRIBUTION

- 2 oz meat/meat alternate
- 1/2 cup fruit
- 2oz grain



## RECIPE: CHEESE SAUCE

YIELD: 1 1/2 CUPS

This creamy cheese sauce is great for nachos or baked potatoes! It is easy to make and adds a nice flavor and texture to a variety of foods.

### INGREDIENTS

- 2 Tbsp butter
- 2 Tbsp flour
- 1 cup milk
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- 1/4 tsp ground turmeric
- 2 cups freshly grated cheddar cheese
- Salt and cayenne pepper to taste

### PREPARATION

1. Melt the butter in a small pot over medium heat.
2. Whisk in the flour for 1 minute to create a roux.
3. Slowly whisk in the milk and simmer until slightly thickened. Once thick enough to coat the back of a spoon, whisk in the spices and turn off the heat.
4. Whisk in the shredded cheese, one handful at a time until melted into the sauce. *Note:* If the sauce becomes too thick, just whisk in a bit more milk.
5. Season to taste with salt and cayenne pepper.

Adapted from: Maple and Mango Blog

### MEAL PATTERN CONTRIBUTION

- 1/2 oz meat/meat alternate

## RECIPE: PBJ GREEK YOGURT PARFAIT

YIELD: 8 PARFAITS

This parfait has layers of creamy peanut butter, delicious strawberries and Greek yogurt and is topped with granola and mini chocolate chips. Sweet flavors and crunchy textures make this parfait a favorite!

### INGREDIENTS

- 2 lb 4 oz sliced frozen strawberries
- 1 quart plain Greek yogurt
- 1/2 cup creamy peanut butter (or nut butter substitute)
- 2 Tbsp 2 tsp honey
- 1/2 cup strawberry or grape jelly
- 1 lb granola
- 8 tsp mini chocolate chips

### PREPARATION

1. Weigh frozen strawberries, and place in refrigerator overnight. Fruit is best partially thawed. Only thaw the amount needed for the recipe.
2. Divide yogurt evenly into two mixing bowls.
3. In one bowl, whisk peanut butter and honey with half of yogurt.
4. In the other large bowl, whisk jelly with the remaining half of yogurt.
5. Layer ingredients in a glass in the following order:
  - 1/2 cup peanut butter flavored yogurt,
  - 1/2 cup strawberries,
  - 1/2 cup jelly flavored yogurt.
6. Top each parfait with 2 oz of granola and 1 tsp mini chocolate chips.
7. Serve chilled.



Adapted from: Healthy School Recipes



### MEAL PATTERN CONTRIBUTION

- 2 1/2 oz meat/meat alternate
- 2 oz grain
- 1/2 cup fruit



MAINE