

The Dish On Dairy

Did you know that milk delivers more than just calcium to your diet? Not everybody does.

Many consumers know about milk's calcium benefits, but most are unaware that dairy foods deliver eight other dietary nutrients considered 'essential' by the U.S. Department of Agriculture (USDA), says Nikki Stahr, a registered dietitian with the Midwest Dairy Council.

Eating healthy is about more than just watching the calorie count. "It's important to get essential nutrients from the foods we eat," says Stahr, "because the human body can't manufacture them in sufficient quantities to meet daily needs."

Consuming three daily servings of dairy foods, such as milk, cheese or yogurt, provides exceptional nutritional value. For example, milk provides sig-

nificant amounts of vitamin D, protein, potassium and vitamin B12. From repairing muscle tissue to maintaining healthy red blood cells, the nutrients found in dairy foods work together to help support optimal health.

"Meeting the recommended three servings per day of milk, cheese or yogurt is easy," says Stahr, "My family starts the day with a bowl of whole grain cereal and milk, and we love fruit and yogurt as a snack." A Stahr family favorite for dinner is pulled pork soft tacos sprinkled with Colby Jack cheese.

Enjoy the great taste and benefits of dairy with these delicious dishes. Get the whole story of dairy's unique nutrient package, and find more recipes, at dairymakesense.com.

(Family Features)

PULLED PORK SOFT TACOS

SERVINGS: 12 TORTILLAS
PREP TIME: 35 MINUTES (PLUS
TIME IN SLOW COOKER)
COST/RECIPE: \$25.72
COST/SERVING: \$4.29

For pork:
• 2 pound boneless pork loin roast
• 2 tablespoons brown sugar
• 1 tablespoon ground ginger
• 2 garlic cloves, smashed
• 1 small white onion, coarsely chopped
• 1/2 cup orange juice
• 2 limes, cut in half

For tacos:
• 12 (6-inch) soft corn tortillas
• 1 1/2 cups shredded reduced-fat Colby Jack

• 1/2 cup nonfat sour cream
• 1 teaspoon cumin
• 2 scallions, trimmed and chopped
• 1 (8 ounce) bag shredded red cabbage
• 3/4 cup fresh salsa

Trim excess fat off roast. In small bowl, combine brown sugar and ginger; rub generously over roast. Place in slow cooker with garlic, onion and orange juice; cook on low heat for 8 hours (or high for 4 to 6 hours).

Remove pork to large bowl and shred with forks. Strain pork liquid from slow cooker and pour over pulled pork to moisten. Squeeze lime juice on top and mix well.

Divide into 12 servings.

In small bowl, mix together sour cream, cumin and scallions. For each serving, cover corn tortilla with 2 tablespoons cheese; microwave for 20 seconds. Top with pulled pork, 2 teaspoons of sour cream mix, 1 1/2 tablespoons shredded cabbage and 1 tablespoon of salsa. Fold and serve immediately.

Nutrition Facts per Serving (2 tortillas per serving): Calories: 457, Total Fat: 17g, Saturated Fat: 8g, Cholesterol: 88mg, Sodium: 359mg, Carbohydrates: 40g, Dietary Fiber: 5g, Protein: 36g, Calcium: 32% Daily Value



ROASTED ASPARAGUS WITH CHIVE YOGURT RANCH DRESSING

SERVINGS: 4
PREP TIME: 30 MINUTES (PLUS
OVERNIGHT REFRIGERATION)
COST/RECIPE: \$8.09
COST/SERVING: \$2.02

For dressing:
• 3/4 cup low-fat Greek style plain yogurt
• 1/4 teaspoon garlic powder
• 1/4 teaspoon onion powder
• 1/4 teaspoon ground pepper
• 1/8 teaspoon kosher salt
• 1 cup low-fat buttermilk
• 3 tablespoons fresh chives, finely chopped

For asparagus:
• 1 1/2 pounds asparagus
• 2 tablespoons olive oil
• 1/4 teaspoon ground pepper
• 1/8 teaspoon kosher salt

In medium bowl, whisk together yogurt, garlic powder, onion powder, pepper and salt. Slowly pour in buttermilk, whisking constantly. Mix in chives. For best results, make dressing ahead, and let sit in refrigerator overnight.

Preheat oven to 400°F. Wash and break ends off asparagus. On a baking sheet with a lip (like a jelly roll pan), place asparagus and drizzle with olive oil. Sprinkle with salt and pepper; toss until fully coated. Cook for

10 to 12 minutes (depending on size of stalks.) Let cool 5 to 10 minutes before serving.

For each serving, divide asparagus into six shallow bowls and pour 1/3 cup dressing on top. (Note: it may seem like a lot of dressing but asparagus will absorb some of the liquid.)

Nutrition Facts per Serving (6 ounces asparagus + 1/3 cup of dressing): Calories: 149, Total Fat: 8g, Saturated Fat: 2g, Cholesterol: 5mg, Sodium: 246mg, Carbohydrates: 13g, Dietary Fiber: 4g, Protein: 8g, Calcium: 20% Daily Value



CUCUMBER LEEK SOUP

SERVINGS: 4
PREP TIME: 20 MINUTES (PLUS
CHILL TIME)
COST/RECIPE: \$13.22
COST/SERVING: \$3.30

• 1 tablespoon butter, unsalted
• 2 large leeks (about 1/2 pound), trimmed, cleaned and sliced
• 3 large seedless cucumber (4 cups), peeled and coarsely chopped
• 1 1/2 cups low-fat milk
• 1 tablespoon lemon juice
• 1/4 cup fresh mint leaves
• Black pepper
• Salt
• 3/4 cup low-fat plain yogurt
• 1 tablespoon honey
• 1/2 cup chopped grape tomatoes
• 1/4 cup feta or blue cheese crumbles

In large skillet, melt butter over medium heat. Add leeks and sauté for 5 minutes. Mix in cucumbers; sauté for 1 minute then remove

from heat. Add leeks, cucumbers, milk, lemon juice and mint to blender or food processor; puree for 1 minute. Add pepper and salt to taste; blend together.

In separate bowl, mix yogurt and honey together. Fold into cucumber soup. For best flavor results, chill in refrigerator for 1 hour.

When ready to serve, ladle soup into four bowls. Add 2 tablespoons of tomatoes and 1 tablespoon of cheese crumbles in center of each bowl.

Nutrition Facts per Serving: Calories: 190, Total Fat: 7g, Saturated Fat: 4g, Cholesterol: 23mg, Sodium: 243mg, Carbohydrates: 25g, Dietary Fiber: 3g, Protein: 9g, Calcium: 31% Daily Value

SOURCE: MIDWEST DAIRY COUNCIL

Grilling And Eating Outdoor Safety Tips

BY SHARON GUTHMILLER
Extension Educator

As we move into the summer season of grilling foods and eating foods outdoors, it is important to be aware of food safety concerns. The following food safety information comes from the USDA. To safely grill foods, consider the following information. Marinate foods in the refrigerator, not on the counter or outdoors. If some of the marinade is to be used as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade. Do not use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood. If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.

When it is time to cook the food, cook it thoroughly. Use a food thermometer to be sure. Cook beef, veal, and lamb steaks and roasts to minimum internal cooking temperature of 145°F; Ground pork and ground beef should reach 160°F; Poultry breasts-165°F; Cook whole poultry to 165°F. Cook fish to 145°F or until the flesh is opaque and separates easily with a fork. For shrimp, lobster, and crabs, the meat should be pearly and opaque. Grill clams, oysters, and mussels-until the shells are open.

Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals where it can overcook. Do not use a plate that previously held raw meat, poultry, or seafood for anything else unless the plate has first been washed in hot, soapy water. Hot



SHARON GUTHMILLER

food should be kept hot, at or above 140°F. Wrap well and place in an insulated container. Remember to keep hot foods hot and cold foods cold. To protect yourself, your family and friends from food-borne illness, practice safe food handling techniques when eating outdoors. When preparing, storing, and cooking food for picnics and barbecues remember these guidelines. When transporting food from one place to another to keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 40°F. Consider packing beverages in one cooler and perishable food in another.

Meat, poultry, and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry, and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw such as fruits and vegetables. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel.

Keep the cooler in the air-conditioned passenger compart-

ment of your car, rather than in a hot trunk. Limit the times the cooler is opened. Even in outdoor settings, food safety begins with hand-washing. It can be as simple as using a water jug, some soap, and paper towels. Consider using moist disposable towelettes for cleaning your hands. Keep all utensils and platters clean when preparing food.

Foods like chicken salad and desserts in individual serving dishes can also be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently. Don't let perishable food sit out longer than 2 hours. Food should not sit out for more than 1 hour in temperatures above 90°F.

Thought: Be square if you want a circle of friends.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

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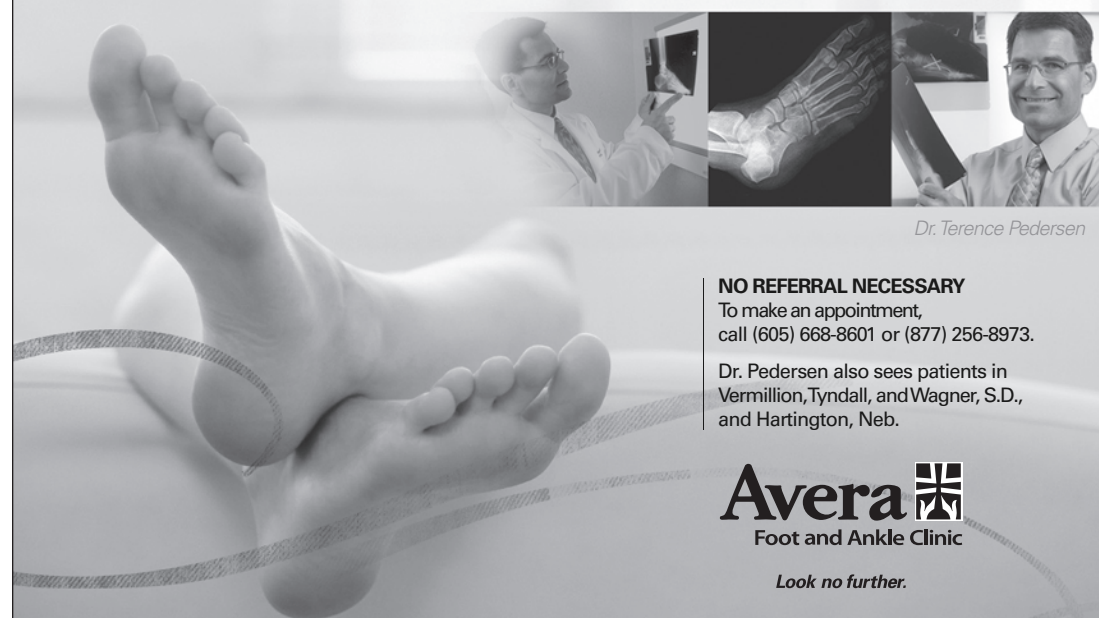
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