

# Family-Friendly Meals Featuring MILK



## FAMILY FEATURES

**M**ilk is not only a fridge staple; it's an essential part of American lives. It's so important that, according to a new consumer survey conducted by Wakefield Research, 82 percent of American parents say they would make a separate trip to the store if they ran out of milk — and for good reason.

"Milk has long been associated with good health and plays an important role in achieving a balanced diet," said Dana White, M.S., R.D. and A.T.C. of Dana White Nutrition, Inc. After all, milk is packed with essential nutrients like calcium, protein, vitamins A, D and B12, riboflavin, phosphorus and potassium.

Milk is also a versatile kitchen ingredient that has many uses beyond the cereal bowl. So when you're looking to whip up recipes like Banana Walnut Oatmeal and Mac & Cheese with Cauliflower, make sure to reach for fresh, quality DairyPure milk. The only farm-to-fridge milk backed by an exclusive Five-Point Purity Promise, DairyPure milk contains no artificial growth hormones, is tested for antibiotics, is continually quality tested to ensure purity, only comes from cows fed a healthy diet and is cold shipped fresh from your local dairy. So you know that it starts pure and stays pure.

For more recipes and to learn more visit [www.DairyPure.com](http://www.DairyPure.com), and find DairyPure on Facebook and Pinterest.

### Raspberry Milk Pops

Prep time: 5 minutes  
Freeze time: 4 hours  
Servings: 8

- 1 1/2 cups DairyPure Whole milk or DairyPure 2% Reduced Fat milk
- 1 (12-ounce) package frozen raspberries
- 1/4 cup honey

In blender or food processor, combine milk, frozen raspberries and honey; blend until smooth.

Pour mixture into eight 4-ounce ice pop molds or plastic drinking cups. Add ice pop sticks. Freeze at least 4 hours or overnight.

### Macaroni & Cheese with Cauliflower

Prep time: 20 minutes  
Cook time: 20 minutes  
Servings: 6

- 2 cups small shell-shaped pasta
- 1 small head cauliflower, cut into florets, about 6 cups
- 2 tablespoons butter
- 1 small onion, minced
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 1/2 cups DairyPure Whole milk or DairyPure 2% Reduced Fat milk
- 1 teaspoon Dijon mustard
- 2 cups shredded Cheddar cheese
- 1/4 cup panko breadcrumbs
- 1 tablespoon olive oil

In large saucepot, heat 10 cups salted water to boiling. Add shell pasta and cauliflower. Heat to boiling; simmer uncovered, 6 minutes. Drain immediately.

Meanwhile, in 2-quart saucepan over medium heat, melt butter; add onion. Cook until tender, about 5 minutes. Stir in flour, salt and pepper until blended; cook 1 minute. Gradually stir in milk and mustard; cook until mixture thickens and is smooth, stirring constantly. Remove saucepan from heat; stir in cheese until melted and smooth.

Heat oven to 400°F. Toss breadcrumbs with olive oil. Grease 2-quart baking dish or casserole. In large bowl, toss pasta and cauliflower mixture with cheese sauce to mix well. Sprinkle with breadcrumb mixture. Bake 20 minutes or until mixture is hot and bubbly.

### Cookies & Cream Smoothie

Prep time: 5 minutes  
Servings: 2

- 2 cups DairyPure 1% Low Fat milk
- 1 cup ice
- 4 chocolate sandwich cookies
- 1 tablespoon unsweetened cocoa powder

In blender, combine milk, ice, chocolate sandwich cookies and cocoa until blended.

### Banana Walnut Oatmeal

Prep time: 5 minutes  
Cook time: 5 minutes  
Serving: 1

- 1 cup DairyPure 1% Low Fat milk or DairyPure Fat Free Skim milk
- Pinch of salt
- 3/4 cup water
- 1 cup quick oats
- 1 very ripe banana, mashed
- 1 tablespoon pure maple syrup (plus more to taste)
- 1 tablespoon chopped walnuts
- Blueberries, for garnish
- Sliced bananas, for garnish

In small saucepan, combine milk, salt and water; heat over medium heat until steaming hot, but not boiling.

Add oats and cook, stirring until creamy, 1–2 minutes. Remove pan from heat and stir in mashed banana and 1 tablespoon maple syrup. Divide between 2 bowls, garnish with walnuts, blueberries, sliced bananas and little more maple syrup and serve.

### Chicken Dijon

Prep time: 5 minutes  
Cook time: 20 minutes  
Servings: 4

- 1/2 cup plain breadcrumbs
  - 1/2 cup grated Parmesan cheese
  - 4 boneless skinless chicken breasts
  - Flour for breading
  - 4 eggs
  - 1/2 cup olive oil
- For the Sauce:**
- 1 tablespoon shallots, finely diced
  - 1/2 cup white wine (not cooking wine)
  - 1 teaspoon lemon juice
  - 2 teaspoons Dijon mustard
  - 1/2 cup DairyPure Heavy Cream

Heat oven to 350°F. Combine breadcrumbs and Parmesan cheese. Dredge chicken breasts in flour; dip in egg, then in breadcrumb/cheese mixture.

Heat oil in large saute pan; add chicken breasts and cook until golden on both sides. Remove from pan and place in 350°F oven to cook through. Drain most of the oil from the saute pan; add shallots and cook for 1 minute. Add white wine and lemon juice and cook for 3 minutes to reduce. Add Dijon mustard and whip in with a whisk. Add heavy cream and reduce until creamy. Pour over chicken.

## New AAA PetBook Publication Offers Travel Guide For Pet Owners

SIOUX FALLS — AAA has released a newly-updated "Traveling with Your Pet: The AAA PetBook." Now in its 17th edition, the guide features more than 15,000 AAA Approved hotels, restaurants and campgrounds that welcome travelers and their furry family members. Also, now animal-lovers can enter this year's AAA PetBook Photo Contest, sponsored by Best Western, for a chance to win prizes and see their pet on the cover of a future edition of the book.

"Vacationing with your pets can be a rewarding experience that offers memories to last a lifetime. The key to an enjoyable trip with pets is careful planning," said Bill Wood, vice president and executive editor, AAA Travel Information & Content Publishing. "AAA is pleased to provide traveling pet owners with reliable information for planning vacations that

include the whole family."

Travelers who capture a photo of their pet on vacation can enter the AAA PetBook Photo Contest through November. Winning entries typically convey the joys of traveling safely with pets. Cover pets on the current edition are shown enjoying kayaking, a romp in the snow and a scenic hike. See inside The AAA PetBook for details, or access official rules, an entry form and the contest photo gallery at [AAA.com/PetBook](http://AAA.com/PetBook).

The AAA PetBook provides detailed planning information — including pet policies, amenities and fees — for more than 13,000 AAA Diamond-rated hotels and more than 800 top-rated campgrounds. Travelers can find out what size pets are allowed and learn of other restrictions that may influence their choice of where to stay. The book also lists close

to 1,000 AAA Diamond rated restaurants that allow pets in outside dining areas.

Helpful tips for first-time and seasoned pet travelers include ideas on packing, pet etiquette and border crossing. Dog parks, national public lands that allow pets and emergency vet clinics are

also listed.

The 17th edition of "Traveling with Your Pet: The AAA PetBook" is available now at all 10 branch offices of AAA South Dakota offices across the state. The book is also available at bookstores and online booksellers.

### 40th Anniversary Celebration



Mr. and Mrs. Ellis

An open house celebrating the 40th wedding anniversary of Tony and Donna Ellis will be held Sunday, May 24th, 2015 from 1 - 4 p.m. at The Brewery, 200 Walnut St in Yankton, SD.

Donna Riibe & Tony Ellis were married May 31, 1975, at Holy Trinity Catholic Church in Hartington, NE. This event is hosted by their daughters Jacki Ellis and Traci Peterson and families. Friends and family please join us on this special occasion. Please no gifts.

ited we stand behind our v  
behind our  
We thank the brave  
men and women of our  
Armed Forces for their  
dedication and sacrifice.  
As we mark Memorial  
Day, we also honor and  
remember those who  
made the ultimate  
sacrifice in defense  
of our nation.  
God Bless America.

United we stand  
behind our veterans  
and those currently  
serving our country.

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