



American Dairy Association  
MID-EAST



# Strawberry Pancake Yogurt Parfait

Makes 1 serving

## INGREDIENTS

- ½ cup plain yogurt
- 1 cup strawberries, diced
- 4 frozen whole grain mini pancakes
- ¾ tsp maple syrup

## INSTRUCTIONS

1. Thaw pancakes.
2. Mix together yogurt with maple syrup.
3. In a 12-oz cup layer 2 pancakes, ¼ cup yogurt mixture and ½ cup strawberries. Repeat layering.
4. Serve chilled (can be prepped ahead of time and refrigerated overnight).

## NUTRITION FACTS: PER SERVING

Calories: 196	Calcium: 128 mg
Total Fat: 7 g	Protein: 5 g
Saturated Fat: 1 g	Carbohydrates: 40 g
Cholesterol: 7 mg	Dietary Fiber: 3 g
Sodium: 213 mg	Vitamin A: 995 iu
Iron: 2 mg	Vitamin C: 30 mg

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# Caprese Chicken Wrap

Makes 4 servings

## INGREDIENTS

4 whole grain tortillas  
4 oz cooked chicken, shredded or diced  
4 oz mozzarella cheese shredded or 4 cheese sticks  
2 cups romaine lettuce, shredded  
1 cup tomatoes, diced  
¼ cup + ½ tsp ranch dressing  
½ oz basil pesto

## INSTRUCTIONS

1. Mix ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of ranch pesto dressing.
3. Place 1 oz cheese in center of tortilla.
4. Arrange cooked chicken in center of tortilla, leaving 1-inch border all around.
5. Top with ½ cup romaine and ¼ cup tomatoes.
6. Roll tortilla and serve chilled, can be held overnight.

## NUTRITION FACTS: PER SERVING

Calories: 504	Calcium: 438 mg
Total Fat: 22 g	Protein: 46 g
Saturated Fat: 6 g	Carbohydrates: 36 g
Cholesterol: 84 mg	Dietary Fiber: 4 g
Sodium: 872 mg	Vitamin A: 101 iu
Iron: 3 mg	Vitamin C: 0 mg

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WIDEAST



# Chicken Alfredo Pizza

Makes 1 pizza, 8 slices

## INGREDIENTS

2 Tbsp + ½ tsp unsalted butter  
1 clove garlic, minced  
1 ½ cups whole milk  
½ cup grated parmesan  
¼ tsp iodized salt  
14-inch pizza crust  
2 cups mozzarella, shredded  
8 oz chicken breast strips  
1 cup peas

## INSTRUCTIONS

1. Melt butter in sauce pan over medium heat. Cook garlic for 1-2 minutes. Stir in flour and cook, stirring for 2 minutes. Whisk in milk and cook over low heat, stirring for 13-15 minutes or until thickened. Stir in parmesan cheese and salt. Remove from heat and let cool.
2. Preheat oven to 500° F. Spread alfredo sauce over pizza crust. Scatter 1 cup mozzarella cheese over top, followed by chicken strips, peas and another 1 cup mozzarella cheese.
3. Bake for 15 minutes or until crust is cooked through and cheese is golden and bubbly.
4. Cut pizza into 8 slices and serve.

## NUTRITION FACTS: PER SERVING

Calories: 365	Calcium: 308 mg
Total Fat: 16 g	Protein: 22 g
Saturated Fat: 8 g	Carbohydrates: 33 g
Cholesterol: 60 mg	Dietary Fiber: 3 g
Sodium: 731 mg	Vitamin A: 453 iu
Iron: 2 mg	Vitamin C: 2 mg

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MIDEAST



# PIZZA PIZZAZZ SHAKER

Makes 4 servings

## INGREDIENTS

1 lb 4 oz whole grain rotini, cooked  
1 tsp Italian herbs  
½ cup pizza sauce  
1 cup grape tomatoes  
½ cup red pepper, diced  
½ cup green pepper, diced  
2 ½ oz turkey pepperoni  
6 oz mozzarella, shredded  
½ cup Italian dressing

## NUTRITION FACTS: PER SERVING

Calories: 428	Calcium: 329 mg
Total Fat: 13 g	Protein: 22 g
Saturated Fat: 6 g	Carbohydrates: 53 g
Cholesterol: 35 mg	Dietary Fiber: 6 g
Sodium: 609 mg	Vitamin A: 1685 iu
Iron: 2 mg	Vitamin C: 58 mg

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## INSTRUCTIONS

1. Prepare pasta al dente. Drain and cool. Toss pasta with Italian herbs and dressing.
2. For each individual salad, layer 2 Tbsp pizza sauce, 1 cup pasta, ¼ cup grape tomatoes, ½ cup red peppers, ½ cup green peppers, 8 turkey pepperoni slices and 1 ½ oz mozzarella.
3. Cover and keep refrigerated. Serve chilled, can be held overnight.







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# Fiesta Parfait

Makes 1 serving

## INGREDIENTS

- ½ cup pinto beans, drained
- ½ cup low fat plain yogurt
- ½ tsp Mexican seasoning
- 6 Tbsp low sodium salsa
- ¼ cup iceberg lettuce
- 1 Tbsp Cheddar cheese, shredded

## INSTRUCTIONS

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Using an 8-oz clear cup, layer drained beans, seasoned yogurt, salsa and shredded lettuce.
4. Garnish with cheese and serve with tortilla chips for dipping.

## NUTRITION FACTS: PER SERVING

Calories: 160	Calcium: 20% DV
Total Fat: 3 g	Protein: 11 g
Saturated Fat: 2 g	Carbohydrates: 20 g
Cholesterol: 12 mg	Dietary Fiber: 5 g
Sodium: 270 mg	Vitamin A: 4% DV
Iron: 0% DV	Vitamin C: 2% DV

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# BUFFALO CHICKEN PARFAIT

Makes 1 serving

## INGREDIENTS

½ cup fat free plain yogurt  
¼ tsp onion powder  
⅓ tsp granulated garlic  
Pinch ground black pepper  
Pinch freeze-dried chives  
⅓ tsp dried parsley  
1 oz cooked chicken, diced  
1 tsp hot sauce  
4 6-inch celery sticks  
1 oz Cheddar cheese, shredded

## NUTRITION FACTS: PER SERVING

Calories: 250	Calcium: 30% DV
Total Fat: 11 g	Protein: 27 g
Saturated Fat: 6 g	Carbohydrates: 14 g
Cholesterol: 60 mg	Dietary Fiber: 1 g
Sodium: 560 mg	Vitamin A: 2% DV
Iron: 4% DV	Vitamin C: 15% DV

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## INSTRUCTIONS

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Using an 8-oz clear cup, layer seasoned yogurt, chicken and cheese.
4. Place celery sticks into cup and serve.

