

'Wheys' to Help Boost High-Quality Protein: Tips for Cooking & Baking

WHEY PROTEIN

Whey protein is a versatile ingredient that can be added to everyday foods to help boost high-quality protein.

- Stir into hot – not boiling – foods immediately after cooking
- Use as a substitution for ¼ of the flour in baked good recipes
- Stir into hot cereals (once cooked and removed from heat), creamy soups and sauces or salad dressings
- Stir into milk, yogurt or mayonnaise
- Add to peanut or other nut butters
- Mix into guacamole and serve with raw veggies or baked tortilla chips
- Include in savory or sweet dips



1 Tbsp of whey protein powder provides ~4g of protein and ~20-25 calories¹

HELP BOOST THE PROTEIN POWER OF FAVORITE FOODS



Oatmeal Plus

Ingredients: ½ cup oats prepared with 1 cup fat-free milk + **1 Tbsp unflavored whey protein powder** + 1 tsp cinnamon + ¼ cup raisins + 2 Tbsp walnuts

Directions: Stir whey protein powder into milk. Prepare oats and add toppings.

Nutrition facts per serving (1 serving): 460 calories; 13g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 115mg sodium; 72g total carbohydrates; 8g dietary fiber; 35g sugars; 0g added sugars; **20g protein**; 2.9mcg vitamin D; 400mg calcium; 2.9mg iron; 900mg potassium



Power-Packed Pasta Primavera

Ingredients: 1½ cups cooked whole grain pasta + ¼ cup tomato sauce + ¾ cup zucchini + 1½ oz mozzarella cheese + **1 Tbsp unflavored whey protein powder**

Directions: Stir whey protein powder into tomato sauce. Add sauce to cooked pasta and top with vegetables and cheese.

Nutrition facts per serving (1 serving): 450 calories; 11g total fat; 5g saturated fat; 0g trans fat; 30mg cholesterol; 560mg sodium; 64g total carbohydrates; 11g dietary fiber; 8g sugars; 0g added sugars; **25g protein**; 0.2mcg vitamin D; 400mg calcium; 4.1mg iron; 650mg potassium

Help knock out food waste by using whey protein, a coproduct of cheese-making and a high-quality source of protein to help nourish people!

1 USDA National Nutrient Database for Standard Reference (Release 28, released September 2015, slightly revised May 2016), Whey Protein Powder, NDB No. 14058 and No. 14066.

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