

Savory Yogurt Parfait Taste Test Kit for Schools

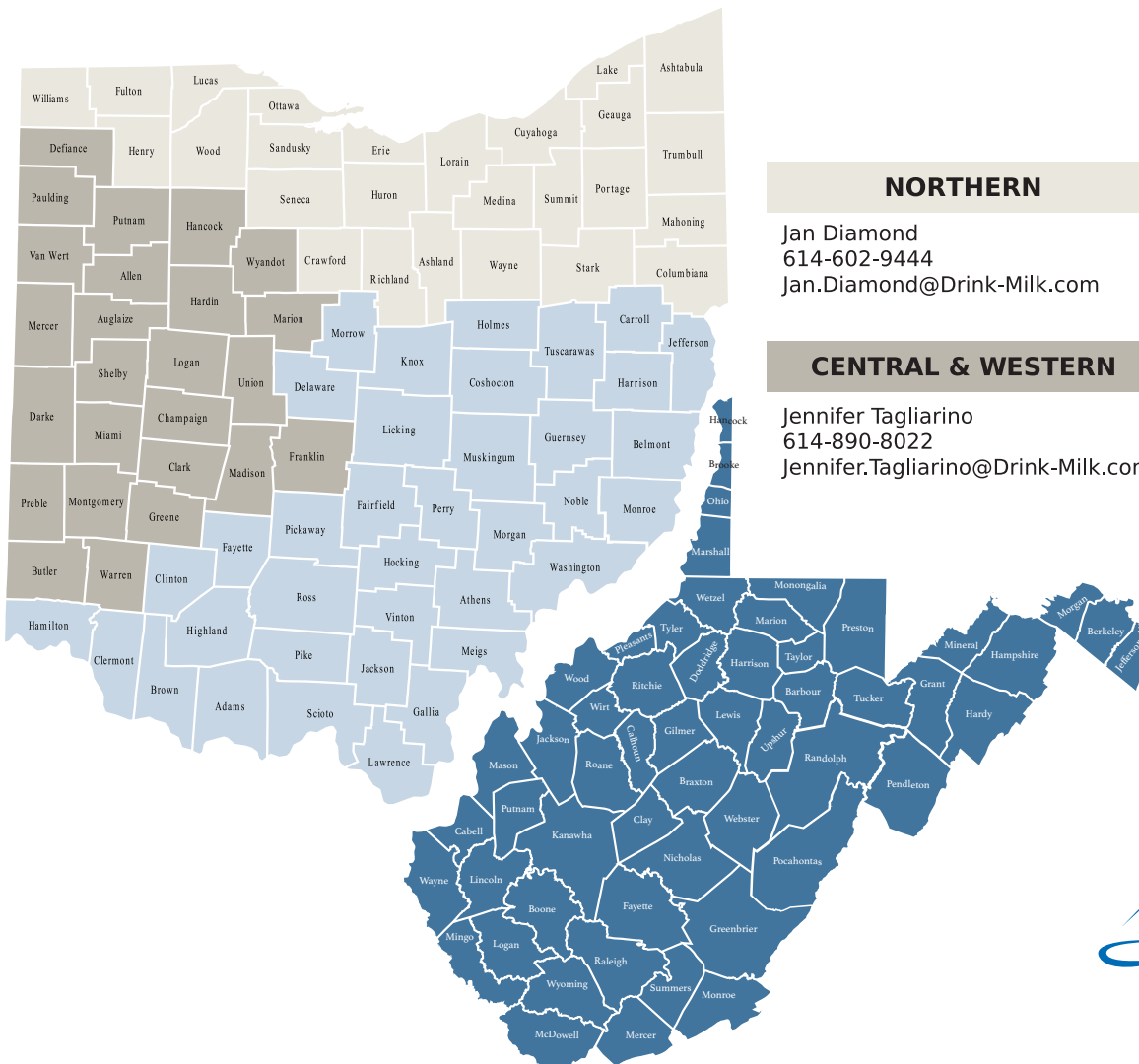
Highlight your school meal program at your next school function with a taste testing event! Parents and students are sure to enjoy trying new foods together and you'll get immediate feedback on potential menu items.

This kit offers materials to host a taste test featuring the savory Fiesta Parfait and Buffalo Chicken Parfait, both made with yogurt.

The Savory Yogurt Parfait Taste Test kit includes:

- School recipe cards for Fiesta Parfait and Buffalo Chicken Parfait
- Home recipe cards for Fiesta Parfait and Buffalo Chicken Parfait
- Recipe evaluation cards
- Taste test tips
- Undeniably Dairy stickers

For more information or tips for conducting a taste test, contact the American Dairy Association Mideast School Wellness Manager in your area:



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Buffalo chicken parfait

Makes 1 serving

INGREDIENTS

1/2 cup plain, fat-free yogurt
1/4 tsp onion powder
1/8 tsp granulated garlic
Pinch ground black pepper
Pinch freeze-dried chives
1/8 tsp dried parsley
1 oz. cooked diced chicken
1 tsp hot sauce
4 sticks raw celery
1 oz. shredded Cheddar cheese

INSTRUCTIONS

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Clean celery. Remove tops and cut into 6 inch sticks.
4. Using an 8-9 oz. clear cup, layer:
1/2 cup ranch flavored yogurt
1 oz. chicken mixture
1 oz. Cheddar cheese
Place 4 sticks into cups

NUTRITIONAL FACTS: PER SERVING

Calories: 250 kcal	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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Fiesta parfait

Makes 1 serving

INGREDIENTS

1/2 cup drained canned Pinto beans
1/2 cup plain low-fat plain yogurt
1/2 tsp Mexican seasoning
6 Tbsp low-sodium salsa
1/4 cup iceberg lettuce
1 Tbsp shredded Cheddar cheese

Note: Serve with tortilla chips for dipping.

INSTRUCTIONS

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Layer into 12 oz. clear cups:
1/2 cup drained beans
1/2 cup seasoned yogurt
3/8 cup salsa (6 Tbsp)
1/4 cup shredded lettuce
4. Garnish with 1 Tbsp. Cheddar cheese

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Calories: 160 kcal	Calcium: 20% DV
Total Fat: 3 g	Protein: 11 g
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Buffalo Chicken Parfait

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INGREDIENTS

1/2 cup plain, fat-free yogurt
1/4 tsp onion powder
1/8 tsp granulated garlic
Pinch ground black pepper
Pinch freeze-dried chives
1/8 tsp dried parsley
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4 sticks raw celery
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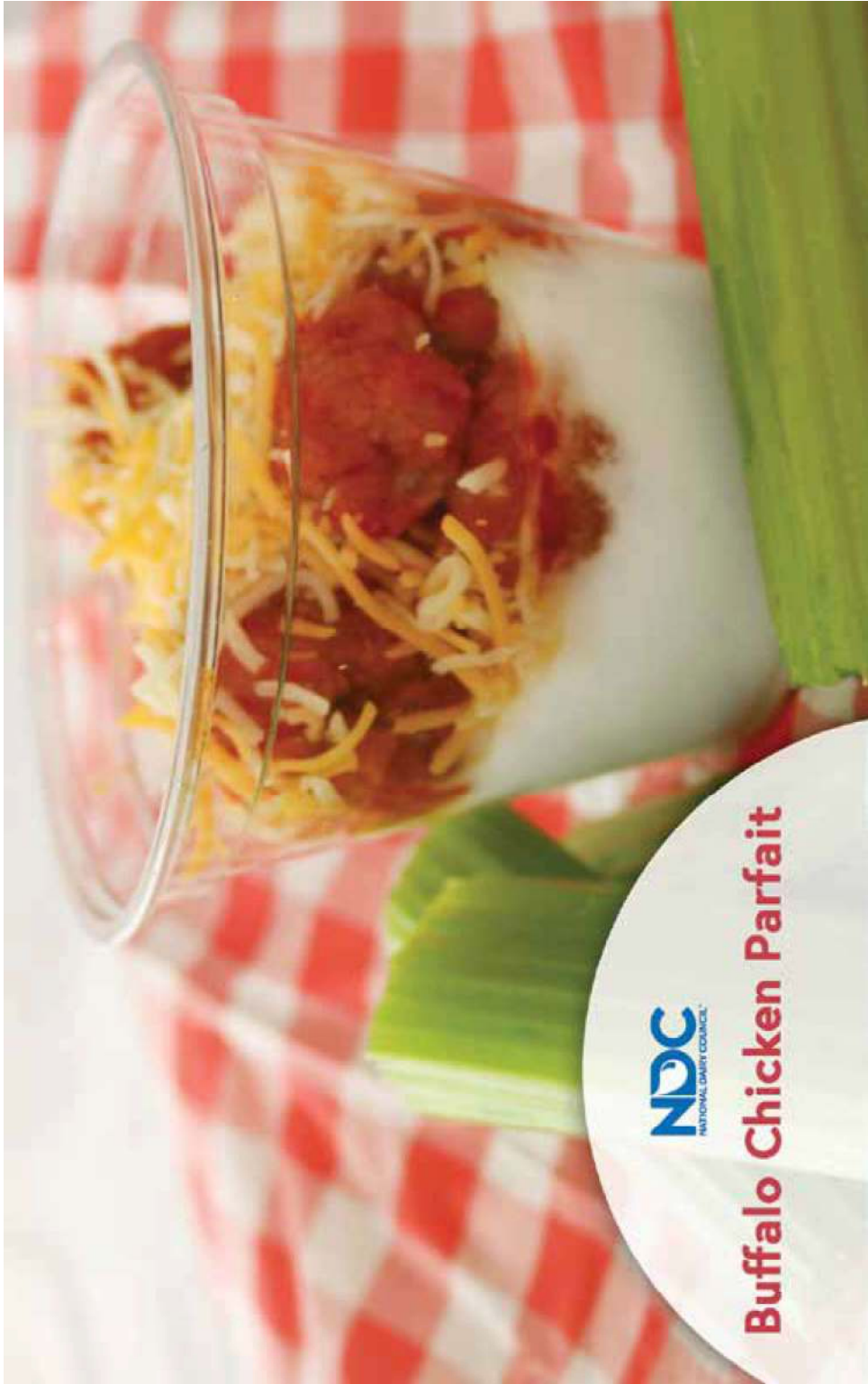
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Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients		25 Servings Measure	Directions
Yogurt, plain, fat-free		3 qt. + 4 oz.	1. Mix yogurt with all spices. Set aside.
Onion powder		2 Tbsp.	2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside
Garlic, granulated		¼ oz.	3. Clean celery. Remove tops and cut into 6 inch sticks.
Pepper, black, ground		½ tsp.	4. Using an 8-9 oz. clear cup, layer:
Chives, freeze-dried		1 tsp.	½ cup ranch flavored yogurt
Parsley, dried		1 Tbsp.	1 oz. chicken mixture
Chicken, diced, cooked		2 lbs. + 4 oz.	1 oz. Cheddar cheese
Hot sauce		2 oz.	Place 4 celery sticks into cups
Celery, raw		4-½ lb.	
Cheese, Cheddar, shredded		2 lbs. + 4 oz.	
			Notes:

Serving:

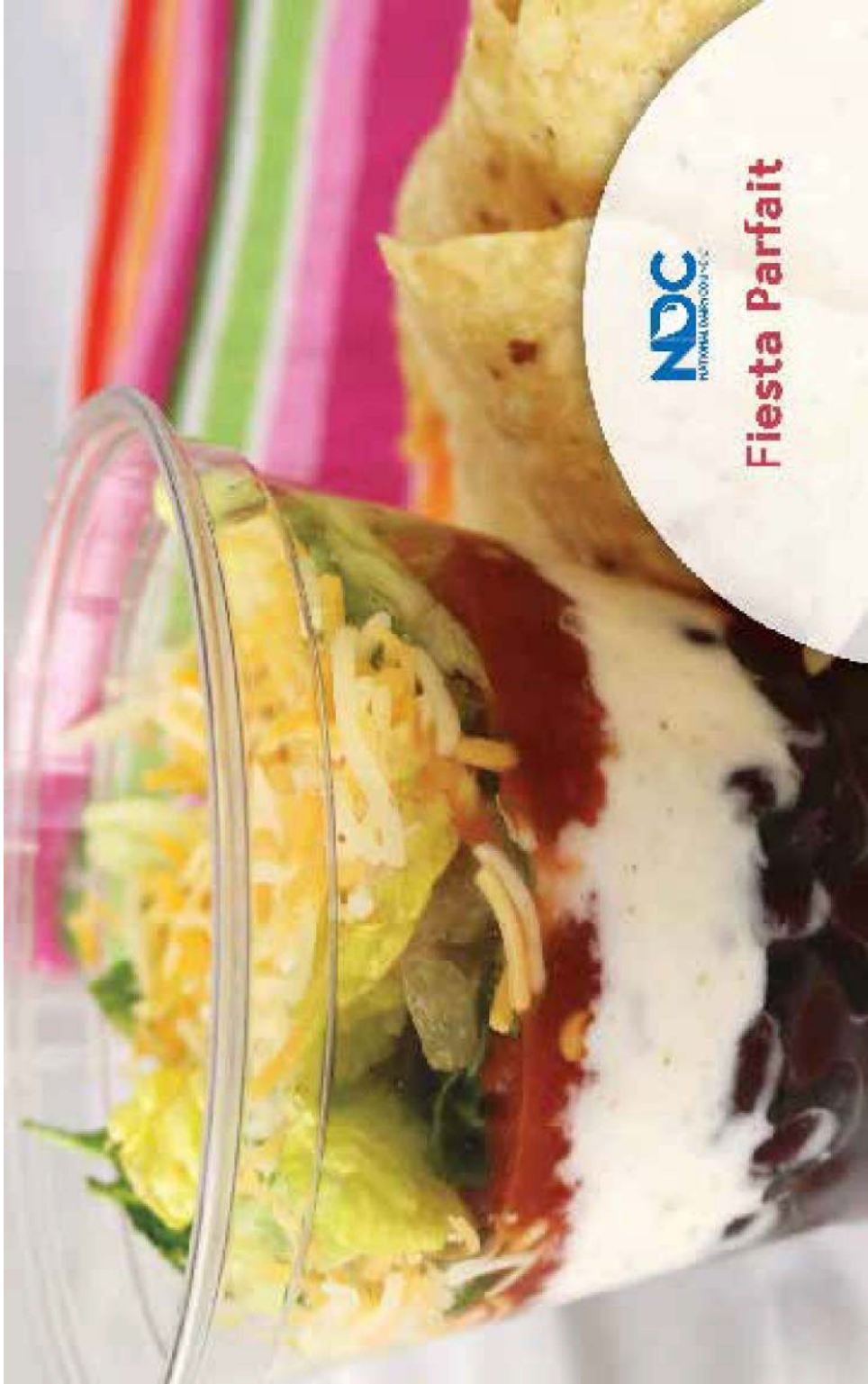
1 serving provides 3 oz. meat/meat alternate and ½ cup vegetable.

Yield:

25 servings

Nutrients Per Serving

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



Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service









Ingredients		25 Servings Measure	Directions
Beans, canned Pinto, drained Yogurt, plain low-fat Mexican seasoning Salsa, low-sodium Lettuce, iceberg Cheese, Cheddar, shredded		12-½ cups	1. Drain and rinse beans. Set aside.
		6-¼ lbs.	2. Mix yogurt with Mexican seasoning. Set aside.
		¼ cup	3. Layer into 12 oz. clear cups:
		9 cups + 6 Tbsp.	½ cup drained beans
		14 oz.	½ cup seasoned yogurt
		6-½ oz.	¾ cup salsa (6 Tbsp)
			¼ cup shredded lettuce (credits ¼ cup) Garnish with 1 Tbsp. Cheddar cheese
Notes:			
Serve with tortilla chips for dipping			

Serving:	Yield:
12 oz. cup portion meets 1 meat/meat alternative and 2 vegetable servings	25 servings









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			20% DV

Savory Yogurt Parfait Taste Test

Buffalo Chicken Parfait









	I tried it Yes No	 I like it a lot	 I like it a little	 I don't like it yet	Comment:
I'd eat it again at Breakfast	 Yes		 No	Comment:	
I'd eat it again at Lunch	 Yes		 No	Comment:	

Fiesta Parfait (taco seasoned)







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I'd eat it again at Breakfast	 Yes		 No	Comment:	
I'd eat it again at Lunch	 Yes		 No	Comment:	

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Tips for Taste Tests

A taste test — or better yet, a series of taste tests — can be a great way for students to experience foods they see every day but never try, or to try new, nutritious foods. Taste tests can also help reinforce the nutritious eating messages you are promoting as part of Fuel Up to Play 60.

Below are some tips and advice for conducting your taste tests. These ideas come from the Action for Healthy Kids program called [Game On! The Ultimate Wellness Challenge](#) (registration required).

Think about the long-term impact of your taste tests.

If your goal is to help students improve their eating habits, you need to plan for long-term success. If your taste tests are a hit, students will want the foods they liked to be available in your cafeteria regularly. Work with your school nutrition manager to think creatively about how you can make the new nutritious foods part of your ongoing meal service.

Get input from students.

Let students vote thumbs up or down on the item being taste tested. Provide green (up) and red (down) paper squares students can place in a bag to indicate their decision on the sample foods. After the taste test, tally the votes and share the results.

Let teachers taste test, too!

Invite school faculty and staff to taste test foods. Let them know how the taste test supports your school's wellness policy and practices. Ask them to encourage students to participate in the taste tests.

Taste test a variety of foods.

At minimum, you'll want to give students a chance to sample (at least once) foods from each of the five food groups — milk (including low-fat and fat-free milk, cheese and yogurt), fruits, vegetables, grains (including whole grains) and lean meat and beans. Ideally you'll give students a number of chances to try lots of different foods.

Serve good-sized samples — and make sure you have plenty to go around.

Make sure you have plenty of the new, good-sized sample foods on hand. For example, three ounces of a new beverage is better than one ounce. This will give students a real sense of what the food or drink is like. For example, a quarter of a sandwich is better than just one bite.

Offer taste tests in a way that makes sense for your school.

For example, you could have a special table inside the cafeteria . . . or put the taste test samples on a cart and “go mobile” . . . or put a special table just outside the cafeteria or in another hallway where large numbers of students travel throughout the day . . . or conduct taste tests at times other than the scheduled lunch period.

Make the taste tests fun and inviting.

In addition to making your food samples tasty and appealing, think creatively about other ways to make the taste-test experience fun. For example, you could play music, place signs and posters throughout school, use balloons, ask the servers to wear costumes or give away gifts and prizes.

Reinforce messages about making nutritious food choices.

Take advantage of the taste tests as a time to communicate why the featured foods are nutritious choices. Use table tents with nutritional messages, put up posters or distribute stickers or other promotional items with key messages.

Play it safe.

Make sure anyone involved with preparing and serving food at your taste tests meets your school's food safety standards. Work with your school nutrition manager to ensure safe practices.



