



The Perfect Power Couple:

Dairy & Plant-Based Recipe Ideas



**BALANCED
MEALS
FOR
BALANCED
LIVES!**

*Dairy & Plants
Better Together*



AMERICAN DAIRY
ASSOCIATION NORTH
EAST

Apple Yogurt Smoothie

Makes 50 – 16 oz portions

INGREDIENTS:

- 25 lbs low-fat vanilla yogurt
- 50 medium (3" dia) Granny Smith apples
- 1 $\frac{5}{8}$ gal orange juice
- 3 cups ice

INSTRUCTIONS:

- Core, peel and dice apples
- Add all ingredients to a blender or food processor and mix until smooth
- Pour into 16 oz portions



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Perfect Yogurt Parfait

Makes 50 – 12 oz portions

INGREDIENTS:

- 12 ½ lbs low-fat Greek vanilla yogurt
- 7 lbs thawed unsweetened frozen strawberries, sliced
- 6 lbs fresh blueberries
- 6 lbs diced mangoes
- 1 ½ cups honey
- 25 cups granola

See homemade granola recipe at

americandairy.com/recipe/breakfast-homemade-granola

INSTRUCTIONS:

- Mix yogurt and honey together
- Mix fruit together in a separate large bowl
- In a 12 oz portion cup, layer ½ cup yogurt mixture, ¼ cup mixed fruit, ½ cup granola, top with another layer of ¼ cup mixed fruit



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Tummy Yummy Smoothie

Makes 50 – 16 oz portions

INGREDIENTS:

- 4 $\frac{5}{8}$ lbs sliced strawberries
- 3 $\frac{1}{8}$ lbs frozen blueberries
- 1 $\frac{5}{8}$ lbs bananas, peeled
- 2 $\frac{1}{2}$ lbs frozen kale
- 12 $\frac{1}{2}$ lbs low-fat Greek plain yogurt
- 3 $\frac{1}{8}$ lbs frozen unsweetened boysenberries or acai berries
- 3 gal + 2 cups low-fat milk

INSTRUCTIONS:

- Blend all ingredients together in a high powered blender until smooth
- Pour into 16 oz cups
- Optional: top with granola and/or fruit



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Apple Cobbler Overnight Oats Parfait

Makes 50
12 oz portions

INGREDIENTS:

- 6 ¼ qts unsweetened applesauce
- 2 ½ lbs quick-cooking instant oats, dry
- 12 ½ lbs non-fat Greek plain yogurt
 - 6 ¼ cups granola
 - ½ cup ground cinnamon
 - 4 lbs apples

INSTRUCTIONS:

- The day before service, add yogurt, granola, oats, cinnamon and applesauce to large mixing bowl. Stir thoroughly and chill overnight
- The day of service, slice apples and soak in salt water up to 10 minutes. Rinse, drain and let dry
- Scoop 8 oz (1 cup) prepared overnight mixture into 12 oz cups
- Top with ½ cup sliced apples



Mac-n-Cheese Pizza

Makes 48 – 1-slice portions

INGREDIENTS:

- Pizza crust for 48 slices (6 whole crusts)
- 2 lbs 4 oz shredded mozzarella cheese
- 2 lbs 4 oz shredded mild cheddar cheese
- 5 lbs prepared macaroni and cheese
 - 1 qt + 2 cups frozen broccoli florets, chopped

INSTRUCTIONS:

- Par cook chopped broccoli florets 2-3 minutes and drain
- Partially bake pizza crusts 5-10 minutes at 375°
- Combine shredded cheeses in bowl and divide in half
- Combine prepared macaroni and cheese with 36 oz of the shredded cheese mixture. Mix in broccoli florets
- Top pizza crusts with broccoli, cheese and mac and cheese mixture
- Top evenly with remaining shredded cheese mixture
- Bake at 375° for 10-15 minutes until cheese is melted and crust is lightly browned and temperature reaches 165°
- Cut each pizza into 8 slices (48 total)



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Yogurt Muffin Parfait

Makes 50 portions

INGREDIENTS:

- 6 ¼ lbs vanilla yogurt
- 50 (1 oz) muffins
- 6 ¼ lbs sliced berries

INSTRUCTIONS:

- Divide each muffin into three parts (saving muffin top for top layer)
- Place bottom muffin part into the base of the cup
- Layer 1 oz yogurt and 1 oz berries over muffin bottom
- Repeat layers with middle muffin part and remaining yogurt and berries
- Place muffin top on the top



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CELEBRITY CHEF CYNDIE –

Cheesy Baked Pasta with Veggies

Makes 24
2/3 cup portions

INGREDIENTS:

Note: recipe is for 1 pan; double, triple or quadruple amounts for additional pans

- 1 ½ qt marinara sauce
- 1 Tbsp vegetable oil
- 2 lbs 4 oz summer squash/zucchini with skin, ½" dice
- 1 cup onions, ½" dice
- 1 Tbsp dried basil
- 2 lbs 4 oz part-skim ricotta cheese
- 1 lb 8 oz whole grain rotini
- 1 lb shredded lite mozzarella cheese
 - 2 tsp granulated garlic
 - 1 qt + 1 cup water

INSTRUCTIONS:

- Prepare marinara sauce and measure 1½ quarts needed for each pan
- Add oil to preheated skillet over medium-low heat. Once oil is shimmering, add diced onion and cook 5 minutes until translucent
- Stir in diced zucchini and cook until crisp tender
- Add basil and garlic and stir to combine
- Spray 2" full size pan with non-stick spray
- Add rotini, marinara, water, ricotta, shredded mozzarella and sauteed seasoned veggies to prepared pan and stir gently to combine
- Cover with aluminum foil and bake at 350° for 35-40 minutes
- Remove foil and continue to bake an additional 10 to 20 minutes



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CELEBRITY CHEF JON ASHTON –

Chipotle Vegetable Bowl

Makes 50 – 1½ cup portions

INGREDIENTS:

- 1½ cups canola/vegetable oil
- 1 qt + 2½ cups lime juice, divided
- 1 lime, zested
- ½ cup chili powder
- 5 Tbsp garlic powder
- 2½ tsp fine sea salt
- 6¼ lbs any variety summer squash
- 6¼ lbs zucchini with skin
- 3½ lbs green bell peppers
 - 3½ lbs sweet red bell peppers
 - 3½ lbs onions
- 6 qts + 1 cup long grain cooked brown rice
- 2 cups coriander (cilantro)
- 3 qts + 1 cup shredded lettuce
- 3 qts + 1 cup chopped or sliced ripe tomatoes
- 3 qts + 1 cup avocados, cubed
- 3 qts + 1 cup frozen whole kernel yellow corn, cooked
- 6 qts + 1 cup low-sodium canned black beans
- 1 lb red onion, diced
- 6¼ lbs low-fat Greek plain yogurt
- 2 Tbsp ground cinnamon
- ¾ cup maple syrup
- ¾ lb shredded yellow cheddar cheese

INSTRUCTIONS:

FOR THE VEGGIES:

- Stir together oil, 3¼ cups lime juice, chili powder, garlic powder and salt in a large bowl. Add squash, peppers, onion and zucchini and toss to coat
- Roast vegetables at 400° for 25 to 35 minutes
- Halfway through roasting, toss the vegetables, rotate pans 180 degrees and switch positions on upper and lower racks. Continue roasting until veggies are brown and crispy at their edges and tender inside. (Cooking time may vary based on your oven)

FOR THE RICE:

- Fluff with fork, then toss in lime zest, 2¼ cups lime juice, cilantro and additional salt to taste

FOR YOGURT SAUCE:

- Whisk together the yogurt, cinnamon, maple syrup and 1 cup lime juice with a pinch of salt and pepper in a small bowl

TO ASSEMBLE:

- Using 12 oz portion bowls, arrange ½ cup rice and ¼ cup lettuce in the bottom and top with 1 cup of roasted vegetables, ¼ cup cubed avocados, ¼ cup corn, ½ cup diced tomatoes, ¼ cup cubed avocados, ¼ cup corn, ½ cup black beans and a sprinkle of red onions
- Drizzle lime yogurt sauce over the top and sprinkle with ¼ oz shredded cheddar cheese



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Fruit Pizza

Makes 50 pieces (about 3 ½" x 2 ½")

INGREDIENTS:

- 1 qt non-fat vanilla yogurt
- 2 lbs low-fat cream cheese
- 3 Tbsp + 1 tsp vanilla extract
- 6 oz honey
- 1 ⅞ cups canola oil
- 3 cups brown sugar
- 2 ¼ cups canned unsweetened applesauce
- 8 oz frozen whole eggs, thawed
- 1 lb 14 oz whole-wheat flour
- 2 Tbsp baking powder
- 2 tsp cinnamon
- 1 lb rolled oats, dry
 - 4 lbs fresh strawberries, sliced
 - 2 lbs fresh bananas, sliced
 - 2 lbs fresh blueberries

INSTRUCTIONS:

- Pour yogurt, cream cheese, 2 tsp vanilla extract and the honey in a mixer. Set remaining vanilla extract aside. Mix on medium speed using paddle attachment until smooth. Refrigerate 4-5 minutes
- Combine oil and brown sugar in mixer. Mix on medium using paddle attachment until smooth (4-5 minutes)
- Add applesauce, eggs and remaining vanilla extract and mix on medium speed until smooth (4-5 minutes)
- Slowly add flour, baking powder and cinnamon. Mix on medium speed until smooth (4-5 minutes)
- Fold in rolled oats
- Press 1 qt (about 3 lb 3 oz) dough into a half sheet pan (18" x 13" x 1") lightly coated with pan-release spray (Use 2 pans for 50 servings)
- Bake at 350° for 25-30 minutes or until temperature reaches 165°
- Remove pizza crust from oven and allow to rest for 45 minutes to 1 hour at room temperature before adding yogurt mixture
- Spread 1 qt + 1 cup yogurt mixture over each pan
- Arrange strawberries, bananas and blueberries in a decorative pattern by shingling fruit
- Cut each pan into 25 pieces





For additional recipes
and creative meal solutions, contact:
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