



Ideas for Milk

Ideas for getting more milk:

- Drink a glass of milk with every meal.
- Use milk instead of water in hot cereal (oatmeal, Cream of Wheat, etc).
- Stir chocolate into a glass of milk.
- Make your own latte by steaming milk and adding a small amount of coffee.
- Use milk when making hot chocolate or instant breakfast drinks.
- Use milk with eggs when making French Toast, scrambled eggs or omelets.
- Use milk when making cream soups (tomato, cream of mushroom, etc).
- Use milk to make scalloped corn or potatoes.

Orange or Purple Cow

Yield: 3 servings • Serving: 8 ounces

1- 6 ounce can frozen orange or grape juice
2 cups cold water
 $\frac{1}{3}$ cup nonfat dry milk
1 teaspoon vanilla
1 cup ice (or more)

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

☆Tip: Substitute 1 cup milk and 1 cup water for 2 cups water and $\frac{1}{3}$ cup nonfat dry milk

A white sauce can be used as the basis for many recipes including sauces, gravies, casseroles or creamed soups.

Medium White Sauce

Yield: 4 servings • Serving: $\frac{1}{4}$ cup

2 Tablespoons butter or margarine
2 Tablespoons all-purpose flour
1 cup milk ☆
 $\frac{1}{2}$ teaspoon salt
Dash of pepper

1. Place saucepan over medium-low heat and melt butter or margarine. Stir in flour to make a smooth paste and continue cooking and stirring for 1 minute.
2. Slowly stir in milk and cook over low heat, stirring constantly until thick. Continue cooking 3 to 5 minutes longer.
3. Add salt and pepper to taste.

☆Tip: $\frac{1}{3}$ cup nonfat dry milk mixed with 1 cup water may be substituted.

Cheese Sauce

Prepare Medium White Sauce recipe as described. Add $\frac{1}{2}$ cup grated cheese to sauce; stir over low heat until blended. Can be used as a sauce for pasta or vegetables.

Pan Gravy

After cooking roast, chops, steaks, chicken or ground beef, drain the fat, being careful to leave the brown drippings. Substitute the drained fat from the meat for the butter or margarine in the Medium White Sauce recipe.

Cornstarch Pudding Mix

Yield: 28 servings

4 cups nonfat dry milk
2 cups sugar
1 cup cornstarch
½ teaspoon salt

1. Mix all ingredients until evenly blended.
2. Store in covered, clean, airtight container.

Vanilla Pudding with Mix

Yield: 4 servings • Serving: ½ cup

1 cup + 2 Tablespoons CORNSTARCH PUDDING MIX
2 cups cold water
1 egg, beaten
1 teaspoon butter or margarine (optional)
1 teaspoon vanilla

1. Place CORNSTARCH PUDDING MIX and water in heavy saucepan and stir.
2. Add the beaten egg to the saucepan and bring the mixture to a boil over medium heat, stirring constantly. Boil 2 minutes.
3. Remove from heat and stir in margarine and vanilla.
4. Let stand about 10 minutes, then stir and pour into 4 dishes. Chill. Serve plain or with fruit.

Shake-Up Snack Sauce

1 small package instant vanilla pudding
1½ cups milk
1 cup crushed pineapple

1. Mix pudding and milk together until thick.
2. Add pineapple and stir until blended. Chill for 10 minutes.
3. Serve over fresh or canned fruit or cake.

Cheese and Corn Chowder

Yield: 6 servings

2 cups diced potatoes
1 cup sliced carrots
1 cup chopped celery
½ cup chopped onion
1 teaspoon salt
¼ teaspoon pepper
1 can cream style corn
1½ cups nonfat milk
½ cup shredded cheddar or American cheese

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn, salt & pepper. Cook 5 more minutes. Or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

Variation: Ham, Cheese and Corn Chowder: Add ½ cup cubed cooked ham.

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