

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



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# Dairy from A to Z



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# Buttermilk

## Did you know?

- Buttermilk comes in liquid and powdered/dry form.
- Because the fat has been removed from buttermilk, it has a lower fat content than regular milk.
- Buttermilk is a good source of calcium, potassium, and riboflavin.

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

## Fun Fact!

Buttermilk, like yogurt, contains live bacteria culture which is beneficial for gut health.

## FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

## Additional information

- If you have digestive problems, buttermilk is easier on your stomach than regular milk.
- Buttermilk is popular in baked goods such as pancakes, waffles, and biscuits.
- A serving of buttermilk is an acceptable choice in consuming two to three daily dairy servings, according to the USDA.

## Lactose-Free Pancakes

2 eggs, beaten  
1 1/2 cups lactose-free milk  
1/4 cup melted butter  
2 cups flour  
2 tablespoons sugar  
1 tablespoon baking powder  
1 teaspoon salt

Wash hands and work area before cooking. Mix dry ingredients together, then mix together wet ingredients in a separate bowl. Mix dry and wet together just until ingredients are incorporated. Heat a large skillet and melt a tablespoon of butter on it. Place a small amount of pancake batter onto skillet and cook until brown. Flip, cook until brown and serve.

Preparation Time: 5 minutes, Cook Time: 10 minutes, Yield: 4 servings

Nutrition Facts: Calories: 430, Total Fat: 15 g, Cholesterol: 115 mg, Sodium: 680 mg, Total Carbohydrate: 61 g, Protein: 13 g

## Cheese Stuffed Potatoes

- 4 potatoes, large, baking
- 1 cup cottage cheese, low-fat
- 2 tablespoons milk
- 2 tablespoons onion, chopped
- 1/4 teaspoon paprika

Wash hands and work area before cooking. Preheat the oven to 400 degrees. Scrub the potatoes. Put the potatoes in the oven. Bake 30 to 40 minutes until tender. Slice each potato in half lengthwise. Use a spoon to scoop out the inside of each potato. Leave about 1/2 inch of potato next to the skin. Save the inside part of each potato in a small bowl. Peel the onion. Chop it to make 2 tablespoons chopped onion. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy. Divide this mix into 8 parts. Put part of the mix inside each potato. Sprinkle paprika over the potatoes. Return to the oven for 5 minutes to reheat.

Preparation Time: 15 minutes, Cook Time: 50 minutes, Yield: 4 servings.

Nutrition Facts: Calories: 160, Total Fat: 0.5 g, Cholesterol: 0 mg, Sodium: 230 mg, Total Carbohydrate: 28 g, Protein: 10 g.

## Italian Broccoli and Pasta

- 2 cups uncooked fettuccini noodles
- 3 tablespoons chopped green onion
- 2 cups broccoli florets
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 14.5 ounce can stewed tomatoes
- 2 teaspoons grated goat cheese

Wash hands and work area before cooking. Cook noodles according to package instructions (do not include oil or salt), and drain. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat. Add seasonings (but not the goat cheese) and tomatoes; simmer until heated through. Spoon vegetable mixture over noodles and top with goat cheese.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 4

Nutrition Facts: Calories: 240, Total Fat: 1.5 g, Cholesterol: 0 mg, Sodium: 260 mg, Total Carbohydrate: 49 g, Protein: 9 g.



MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

### Fun Fact!

The average American eats 32 pounds of cheese a year!

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## Cheese

### Did you know?

- Cheese is an excellent source of calcium, phosphorus, protein, and vitamin A.
- It takes 10 pounds of milk to make 1 pound of cheese.
- Macaroni and Cheese is the most popular cheese recipe in America.

### Additional information

- Always check the expiration date to ensure good quality.
- California is the fastest growing cheese producer in America.
- It is important to not let cheese dry out.
- Cheese is made from only 4 ingredients: milk, salt, healthful bacteria, and the enzyme rennet.



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## Ice Cream

### Did you know?

- Vanilla is the #1 selling flavor in America.
- It takes 12 pounds of milk to make a gallon of ice cream.
- July is national ice cream month.

### Fun Fact!

The Blue Bell Creamery in Brenham, TX ranks among the top 3 ice cream selling companies in America.

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### Additional information

- Ice cream is a good source of calcium and vitamin A.
- Ice cream should be stored in the freezer between -5°F and 0°F.
- The United States is the largest ice cream consuming country in the world.
- Avoid leaving ice cream in the freezer for an extended period to prevent freezer burn.

### Fresh Fruit with Cinnamon Yogurt Dip

- 1 apple
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt
- 1/2 teaspoon cinnamon

Wash hands and work area before cooking. Core and slice the apple. Slice banana into thin circles. Peel the orange and separate it into sections. Pour the orange juice into a small bowl. Dip the fruit pieces into the orange juice to prevent browning. Arrange on a plate. Mix the yogurt and cinnamon into a small bowl. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Preparation Time: 20 minutes, Cook Time: 0 minutes, Yield: 4 servings

Nutrition Facts: Calories: 120, Total Fat: 1 g, Cholesterol: 5 mg, Sodium: 40 mg, Total Carbohydrate: 26 g, Protein: 4 g.

### Bean Dip

- 2 cups kidney beans, canned
- 1 tablespoon vinegar
- 3/4 teaspoon chili powder
- 1/8 teaspoon cumin, ground
- 2 teaspoon onion, finely chopped
- 1 cup cheddar cheese, grated

Wash hands and work area before cooking. Drain the kidney beans, but save the liquid in a small bowl. Place the beans, vinegar, chili powder, and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread. Stir in the chopped onion and grated cheese. Store in a tightly covered container and place in the fridge. Serve with raw vegetable sticks or crackers.

Preparation Time: 20 minutes, Cook Time: 0 minutes, Yield: 6 servings

Nutrition Facts: Calories: 150, Total Fat: 7 g, Cholesterol: 20 mg, Sodium: 340 mg, Total Carbohydrate: 13 g, Protein: 9 g.

### Anytime Pizza

- 1/2 loaf Italian or French bread, split lengthwise, or 2 split English muffins.
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese, low-fat, shredded
- 3 tablespoons green pepper, chopped
- 3 tablespoons mushrooms, fresh or canned, sliced
- Vegetable toppings, as desired
- Italian seasoning, optional

Wash hands and work area before cooking. Toast the bread or English muffin until slightly brown. Top bread or muffin with pizza sauce, vegetables, and low-fat cheese. Sprinkle with Italian seasonings as desired. Return bread to toaster oven (or regular oven preheated to 350 degrees F). Heat until cheese melts.

Preparation Time: 15 minutes, Cook Time: 20 minutes, Yield: 2 servings

Nutrition Facts: Calories: 180, Total Fat: 7 g, Cholesterol: 15 mg, Sodium: 540 mg, Total Carbohydrate: 21 g, Protein: 12 g.

### Instant Chocolate Mousse

- 1 carton instant chocolate pudding mix
- 1 1/4 cup cold soy milk
- 10 1/2 ounces silken tofu

Wash hands and work area before cooking. With a blender, combine chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth. Pour mixture into 4 small serving dishes. Place in the fridge. Chill for at least 2 hours before serving.

Preparation Time: 2 1/2 hours, Cook Time: 0 minutes, Yield: 4 servings

Nutrition Facts: Calories: 180, Total Fat: 4 g, Cholesterol: 0 mg, Sodium: 400 mg, Total Carbohydrate: 29 g, Protein: 7 g.



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## Milk

### Did you know?

- Milk is nutrient dense, containing 9 essential nutrients!
- Milk is one of the best sources of calcium.
- Milk is the #1 food source of three of the four nutrients of concern identified by the Dietary Guidelines for Americans.

### Fun Fact!

Milk cools your mouth after eating spicy food.

### FIGHTBAC!

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### Additional Information

- The average American consumes about 25 gallons of milk per year!
- June is national dairy month.
- Drinking milk can help prevent osteoporosis later in life.
- Always check the expiration date on the milk jug and smell the milk to ensure it hasn't soured.



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# Mozzarella Cheese

### Did you know?

- Mozzarella cheese is a good source of calcium, and protein.
- Mozzarella cheese also contains potassium, chloride, iron, and sodium.
- Mozzarella is characteristically identified by its stringy texture.

### Fun Fact!

Mozzarella cheese was originally made from the milk of a water buffalo.

### FIGHTBAC!

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### Additional information

- Look for mozzarella cheese made from low or reduced fat milk.
- Mozzarella is made in three forms: stretched, pressed, and fresh.
- Mozzarella was introduced to the United States by Italian immigrants.

### Frosty Chocolate Banana Pops

2 cups chocolate milk  
1 1/2 cups sliced bananas  
1 cup chocolate ice cream

Wash hands and work area before cooking. Combine chocolate milk and remaining ingredients in blender. Cover and blend at high speed until smooth. Pour mixture evenly into Popsicle mold. Freeze until partially firm, from 5 to 7 hours.

Preparation Time: 5-7 hours, Cook Time: 0 minutes, Serves: 8

Nutrition Facts: Calories: 100, Total Fat: 3 g, Cholesterol: 0 mg, Sodium: 51 mg, Total Carbohydrate: 18 g, Protein: 3 g.

### Fruit Milk Shakes

1 cup milk ( or water)  
1/2 cup non-fat dry milk  
2 bananas, ripe (or 1/3 cup orange juice concentrate)  
1 teaspoon vanilla  
10 large ice cubes

Wash hands and work area before cooking. Place the foods together in a blender. Blend for 30 seconds to 1 minute. Serve

Preparation Time: 10 minutes, Cook Time: 0 minutes, Yield: 2 servings

Nutrition Facts: Calories: 220, Total Fat: 0.5 g, Cholesterol: 5 mg, Sodium: 170 mg, Total Carbohydrate: 43 g, Protein: 12 g

## Bran Muffins

5 cups flour  
2 teaspoons salt  
2 teaspoons baking soda  
3 cups sugar  
1 15 ounce carton raisin bran  
4 eggs, beaten  
4 cups buttermilk  
1 cup oil  
Vegetable spray or oil

Wash hands and work area before cooking. Measure flour into 1 large bowl. Add salt, baking soda, sugar, and raisin bran to the flour and mix well with spoon. With a spoon make a “well” in the center of the dry ingredients. In the medium sized bowl, beat the eggs with a fork until whites and yolk are evenly blended. Add milk and oil to eggs. Beat with fork. Add liquid to dry ingredients. Stir until dry ingredients are moistened (mixture will be lumpy). Lightly oil the bottoms of the paper cups in the muffin pan (or use muffin cups). Fill the muffin cups to 3/4 full. Bake at 425 degrees F for 15-20 minutes. After baking the muffins can be frozen for future use.

Preparation Time: 15 minutes, Cook Time: 15-20 minutes, Yield: 30 servings

Nutrition Facts: Calories: 290, Total Fat: 9 g, Cholesterol: 25 mg, Sodium: 350 mg, Total Carbohydrate: 50 g, Protein: 5 g.

## Classic Macaroni and Cheese

2 cups macaroni  
1/2 cup chopped onion  
1/2 cup evaporated non-fat milk  
1 egg, medium, beaten  
1/4 teaspoon black pepper  
1 1/4 cup cheese, finely shredded sharp cheddar, low-fat  
Cooking oil spray

Wash hands and work area before cooking. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350 degrees F. Lightly spray saucepan with nonstick cooking oil spray. Add onions to sauce pan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes until bubbly. Let stand for 10 minutes before serving.

Preparation Time: 20 minutes, Cook Time: 35 minutes, Yield: 8 servings.

Nutrition Facts: Calories: 110, Total Fat: 2 g, Cholesterol: 25 mg, Sodium: 135 mg, Total Carbohydrate: 14 g, Protein: 8 g.



MyPlate suggests  
switching to fat-free or  
low-fat (1%) milk.

<http://www.choosemyplate.gov/>

### Fun Fact!

Soymilk does not need refrigeration before it has been opened!

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# Soymilk

### Did you know?

- Soymilk is a good source of protein that is lactose-free.
- Soymilk is high in potassium and iron.
- Soymilk contains healthy essential fatty acids.

### Additional information

- Soymilk is made from whole soybeans.
- Soymilk is a healthy source of nutrients for vegans.
- Look for soymilk which has been fortified with calcium.
- Soymilk is consumed most in Asian countries.



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## Yogurt

### Did you know?

- Yogurt contains probiotics which are good for the bacteria in the stomach.
- Yogurt contains lower amounts of lactose than milk so those who are lactose intolerant can enjoy it.
- Yogurt can be enjoyed at breakfast, lunch, dinner, and as a snack.

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

### Fun Fact!

Yogurt was created in Central Asia around 6000 B.C.!

### FIGHTBAC!

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### Additional information

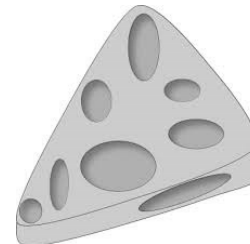
- Yogurt is an excellent source of protein along with calcium and potassium.
- Yogurt can be used as a delicious dip for fruits, vegetables, and granola bars.
- Choose fat-free or low fat-yogurts.
- Greek yogurt is a type of yogurt that has a higher protein content than regular yogurt.



## Recipes to Enjoy!

MyPlate suggests making half your plate fruits and vegetables!

<http://www.choosemyplate.gov>







# Lactose-free Milk

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

### Did you know?

- Lactose-free milk is a good source of protein.
- The nutrients in lactose-free milk match those in regular milk.
- Like regular milk, lactose-free milk is high in vitamins A, B<sub>12</sub>, and D.

### Fun Fact!

Lactose-free milk is made by the addition of the enzyme lactase.

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### Additional information

- Those who are lactose intolerant can drink lactose-free milk as a healthy alternative.
- Like other dairy products, lactose-free milk should be refrigerated.
- Someone who is lactose intolerant should not eliminate dairy from their diet.



# Cheddar Cheese

MyPlate suggests switching to fat-free or low-fat (1%) milk.

<http://www.choosemyplate.gov/>

### Did you know?

- Cheddar cheese originated in the village of Cheddar, England.
- Cheddar cheese has two flavors: mild and sharp.
- For best taste, cheddar cheese is aged for 5 to 6 years.

### Fun Fact!

Queen Victoria once received a wheel of cheddar cheese that weighed over 1,000 pounds!

### FIGHTBAC!

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### What am I looking for?

- To make cheddar cheese orange, annatto, a natural dye, is added.
- Cheddar cheese is the most popular type in America.
- Beta-carotene naturally provides the yellow color of cheddar cheese in the spring and summer.
- Avoid cheese that is expired or moldy.



## Cottage Cheese

### Did you know?

- Cottage cheese originated in the United Kingdom and United States.
- Cottage cheese is creamy and lumpy and has a sweet taste.
- Cottage cheese is a good source of protein and calcium.

### Fun Fact!

Cottage cheese got its name because it was made in cottages from milk leftover after butter was made.

### FIGHTBAC!

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**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional information

- Look for no-salt added and low-fat products to gain cottage cheese's full benefit.
- Cottage cheese is considered a complete protein since it contains all essential amino acids.
- Cottage cheese is high in vitamin B-12.
- Keep cottage cheese in refrigerator to prolong shelf life.



## Goat Cheese

### Did you know?

- Goat cheese is more digestible than cows' milk cheese and is easier on lactose intolerant people.
- Goat Cheese is an excellent source of calcium.
- It is low in fat and calorie content.

### Fun Fact!

Chevre is the French term for goat cheese.

### FIGHTBAC!

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**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional information

- Goat cheese is popular for snacking and breakfast.
- Goat cheese has a creamy rich texture and has a tangier taste than cows' milk cheese.
- Goat cheese is an abundant source of protein, niacin, riboflavin and vitamins A and B6.
- Goat cheese originated in France, but is now popular in Texas.