

Egg and Cheese Breakfast Bites

Makes 6 Servings



Cooking spray
3 large eggs, lightly beaten
1/3 cup lactose-free milk
Pinch of black pepper
6 slices whole-wheat bread, crusts cut off
1/4 cup chopped cooked ham, bacon or sausage
1/2 cup (2 ounces) shredded reduced-fat Cheddar or Pepper Jack cheese

1. Preheat oven to 375 degrees. Spray 6 muffin tins with cooking spray.
2. Mix eggs, milk and pepper in a small bowl.
3. Press 1 slice of bread into each muffin cup, making a cup shape with bread.
4. Pour egg mixture evenly into bread cups; top with ham, bacon or sausage.
5. Bake for 15 minutes or until eggs are cooked and not runny. Remove from oven and turn oven off. Top evenly with cheese and let stand in oven 5 minutes or until cheese melts. Remove from oven and let cool at least 5 minutes.

Frozen Key Lime-and-Strawberry Pie

Makes 6 Servings



2 (6-ounce) cartons vanilla low-fat or fat-free yogurt (refrigerated, not frozen)

1 (6-ounce) can frozen limeade, thawed
1 (3.4-ounce) box instant vanilla pudding mix
1 (10-ounce) box frozen strawberries, thawed
1 (9-inch) graham cracker crust

1. Mix yogurt and limeade; stir well. Add pudding mix; stir well. Stir in strawberries and pour into crust. Freeze at least 8 hours.

Tamale Pie

Makes 6 Servings



Filling:

Cooking spray
1/2 pound lean ground beef
1/2 medium onion, chopped
1 cup frozen or drained, canned whole-kernel corn
1 tablespoon chili powder
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can tomato sauce
1/2 cup water

Topping:

1 cup self-rising cornmeal
1/2 cup self-rising flour
1 cup plain fat-free yogurt
1 large egg, lightly beaten
1/2 cup lactose-free milk
1 cup (4 ounces) shredded reduced-fat Cheddar or Pepper Jack cheese

1. Preheat oven to 400 degrees. Spray a medium casserole dish with cooking spray.
2. Mix beef and onion in a large skillet and cook on medium heat until beef is browned, about 10 minutes. Drain meat. Return meat to pan and add remaining Filling ingredients; stir well and pour into casserole dish.
3. Mix all Topping ingredients and pour on meat in dish.
4. Bake for 30 minutes or until filling is bubbly and crust is light brown.



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Taste Great



Feel Good!

Dairy-rich recipes made with YOU in mind

Lactose Intolerance

Have you heard of it? You might — if you've had a stomachache after drinking a large glass of milk.

But did you know that having Lactose Intolerance does not mean all dairy foods are off limits? And that's good news because dairy foods help keep your bones and muscles strong.

These recipes use the dairy foods that are easy on your stomach — cheese, yogurt and fat-free or low-fat, lactose-free milk. Plus, they use other healthy foods and are simple to make.

So sip, sprinkle and spoon dairy foods into your meal today.

Oven-fried Chicken with Black Pepper Gravy

Makes 4 Servings



Cooking spray
1 cup all-purpose flour
1/8 teaspoon salt
1/4 teaspoon black pepper
2 large eggs, lightly beaten
1/4 cup lactose-free milk
2 cups corn flake cereal, crushed
2 ounces shredded parmesan cheese (about 1/2 cup)
4 skinless, boneless chicken breast halves
Black Pepper Gravy (see below)

1. Preheat oven to 400 degrees. Spray a baking sheet with cooking spray.
2. Put 3 small bowls on counter. In 1 bowl, mix flour, salt and pepper. In next bowl, mix eggs and milk. In last bowl, mix cereal and cheese.
3. Dip each piece of chicken in flour, then egg, then cereal, coating all sides. Place chicken on baking sheet.
4. Bake for 10 minutes. Turn chicken over. Bake 10 more minutes or until chicken is cooked and coating is light brown. Serve with Black Pepper Gravy.

Black Pepper Gravy

Makes 4 Servings

1 tablespoon oil
1 tablespoon all-purpose flour
1/4 cup lactose-free milk
1/2 cup less-salt chicken broth or water
1/8 teaspoon salt
1/4 teaspoon black pepper

1. Heat oil in a small pot on medium-low heat. Stir in flour, keep stirring and cook 1 minute (do not burn). Slowly stir in milk, broth, salt and pepper; keep stirring and bring to a boil. Reduce heat and cook until thick, about 5 minutes.

Sausage Gravy

Add 1/4 cup crumbled reduced-fat sausage to recipe above.

Easy Skillet "Creamed Corn"

Makes 6 Servings



2 tablespoons oil
1/2 medium onion, chopped
3 cups fresh, frozen or drained, canned whole-kernel corn
2 tablespoons all-purpose flour
2 tablespoons cornmeal
1 1/2 cups lactose-free milk
1/4 teaspoon salt
1/4 teaspoon black pepper

1. Heat oil in a large skillet on medium heat; add onion and cook 5 minutes or until tender. Stir in corn and cook 5 more minutes. Put flour and cornmeal on corn, stir and cook 1 minute. Stir in milk, salt and pepper; keep stirring and cook 3 more minutes or until thick.

Cheddar Drop Biscuits with Sausage Gravy

Makes 4 Servings



Cooking spray
1 1/2 cups self-rising flour
1/2 cup plain fat-free yogurt
1/3 cup lactose-free milk
3/4 cup (3 ounces) shredded reduced-fat Cheddar cheese

Sausage Gravy

(see Black Pepper Gravy)

1. Preheat oven to 400 degrees. Spray a baking sheet with cooking spray.
2. Mix flour, yogurt, milk and cheese together. Spoon dough onto baking sheet in mounds.
3. Bake for 12 minutes or until golden. Serve warm with Sausage Gravy.

Microwave Yellow Squash Casserole

Makes 8 Servings



Cooking spray
2 tablespoons water
1/2 medium onion, chopped
4 medium yellow squash, sliced (about 2 1/2 pounds)
1/2 teaspoon salt
2 large eggs
1 tablespoon all-purpose flour
1/4 teaspoon black pepper
1/2 cup plain fat-free yogurt
1/2 cup mayonnaise
2 cups (8 ounces) shredded reduced-fat Cheddar cheese
1/2 cup crushed round crackers

1. Spray a medium glass casserole dish with cooking spray.
2. Mix water and onion in a large glass bowl. Cover bowl tightly with plastic wrap, folding back a small edge of wrap. Microwave at HIGH 2 minutes.
3. Uncover, stir in squash and salt, and recover with plastic wrap, folding back a small edge again. Microwave at HIGH 10 minutes or until squash is tender (do not drain).
4. Beat eggs, flour and pepper together in a large bowl; add yogurt and mayonnaise. Mix until smooth. Mix with squash and spoon into casserole dish. Cover with plastic wrap, folding back a small edge.
5. Microwave at HIGH 10 minutes or until casserole is not runny. Remove wrap, top with cheese and crackers, and microwave 2 minutes or until cheese melts. Remove from oven and let stand 10 minutes.