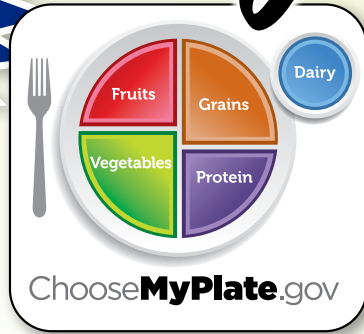


Dairy delivers *to MyPlate*

MORE



Where does **DAIRY** fit on Your Plate?

Choosing low-fat milk, flavored milk, yogurt or cheese is an important part of the new MyPlate food guide and is a delicious way to deliver more nutrition to your plate.

YOU CHOOSE:

Draw a line from the plate on the left to the best dairy choices for your meal. Is there more than one good choice?



CHEDDAR & MUSHROOM BREAKFAST SQUARES

MAKES 9 SERVINGS

Ingredients

- 2 teaspoons butter
- 2 cups sliced white button mushrooms
- 1/2 cup sliced green onion, including green tops
- 6 slices country style bread, cubed
- 2 cups shredded, reduced-fat Cheddar cheese
- 2 cups fat-free or low-fat milk
(option: use lactose-free milk)
- 2 cups egg substitute
- 1 teaspoon red or green hot pepper sauce
- 1/4 teaspoon salt (optional)

Directions

Spray an 8x8 inch square glass or ceramic baking dish with cooking spray; set aside.

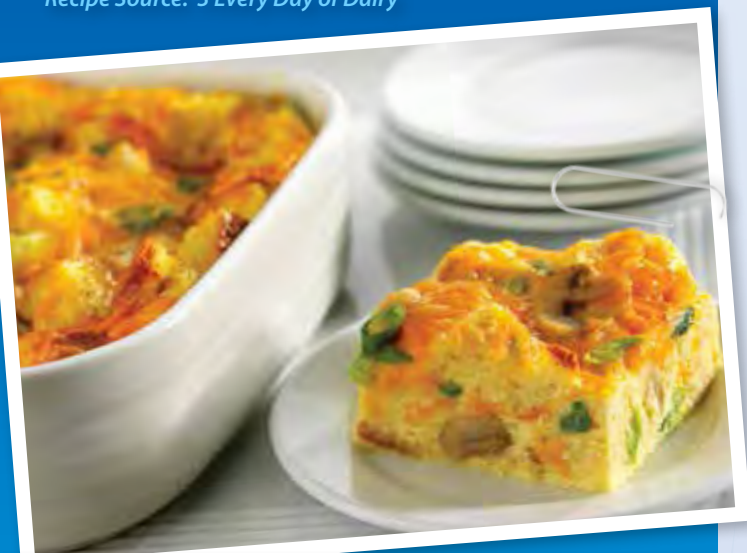
In a medium skillet over medium heat, melt butter and add mushrooms. Cook mushrooms about 5 minutes or until softened and brown at edges. Stir in green onion; set aside.

Place 1/2 of the bread cubes in prepared baking dish. Scatter 1/2 of the mushroom mixture and 1/2 of the cheese over bread cubes. Layer remaining bread cubes and mushroom mixture; set aside.

In a large bowl, beat milk, egg substitute, pepper sauce and salt, if desired, until well blended. Pour milk mixture over bread cubes and top with the remaining cheese. Make ahead suggestion: cover dish with foil and refrigerate for up to 10 hours before baking.

Preheat oven to 350 degrees Fahrenheit. Bake covered for 45 minutes. Remove foil and bake an additional 15 minutes or until top is puffed up and cheese is browned at edges. Let cool for 5 minutes; cut into squares to serve.

Recipe Source: 3 Every Day of Dairy



Nutrition Information: Calories: 210, Total Fat: 8 g, Saturated Fat: 4.5 g, Cholesterol: 20 mg, Sodium: 310 mg, Calcium: 30% Daily Value, Protein: 17 g, Carbohydrates: 18 g, Dietary Fiber: 1 g

Are you LACTOSE INTOLERANT?

Don't give up on enjoying milk everyday. Try these tips to make sure you're getting the dairy foods your body needs and you crave!

- Drink lactose-free milk** — it has all the nutrition of regular milk, without lactose (the natural sugar found in milk).
- Try Cheddar, Swiss, Monterey Jack or Mozzarella cheeses** which are naturally low in lactose.
- Choose yogurt**, which has healthy bacteria to help the body digest lactose.
- Cook with milk** — adding milk to other foods helps slow down digestion and gives the body time to break down the lactose.

How can you get **3** servings of dairy every day?

Check all that apply:

- Drink milk or lactose-free milk with meals
- Enjoy fat-free chocolate milk for a snack
- Make oatmeal or soup with milk instead of water
- Top casseroles, soups or veggies with shredded low-fat or reduced-fat cheese
- Combine yogurt and fruit for a parfait
- Top a baked potato with low-fat cheese or yogurt
- _____
- _____
- _____



Provided by the dairy farm families of the Southeast.