



Chocolate “Muscle Milk”

Bottled chocolate milk is typically loaded with saturated fat and sugars. Low-fat bottled versions aren't much better since they try to make up the difference in taste with artificial ingredients. Try our homemade version with natural ingredients and an extra boost of protein from the non-fat dry milk powder. Our Chocolate “Muscle Milk” makes a great after school snack or fuel for sports games.

Ingredients:

4 cups skim milk
¼ cup non-fat dry milk powder
2 tablespoons honey
1 ½ tablespoons unsweetened cocoa powder

Directions:

1. Combine all ingredients in a blender and blend until smooth and evenly combined. Pour into 4 glasses, serve and enjoy!

Yield: 4 servings (1 cup per serving)

Nutrition Facts: 135 Calories; 1g Fat (0g Saturated Fat; 0g Trans Fat); 6mg Cholesterol; 127mg Sodium; 24g Carbohydrate (1g Fiber, 23g Sugar); 10g Protein; 26% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 36% DV Calcium; 2% DV Iron



Crispy Topped Baked Chicken

This recipe has quick weeknight meal written all over it! This alternative to heavy fried chicken or boring baked chicken will definitely keep the whole family happy! A layer of protein packed Greek yogurt helps to keep the chicken moist while crispy panko style breadcrumbs give that classic crunch to the outside. Serve our Crispy Topped Baked Chicken tonight alongside a green salad or your favorite veggie dish for a balanced plate!

Ingredients:

- 2 medium boneless, skinless chicken breasts
- ¼ cup non-fat plain Greek yogurt, divided
- ½ cup panko breadcrumbs
- ½ cup shredded low-fat cheddar cheese
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon black pepper

Directions:

1. Preheat oven to 425°F. Trim chicken breasts of excess fat. Press your palm firmly on top of one of the chicken breasts and run your knife parallel to the cutting board, slicing the chicken in half, depth wise, giving you 2 equally thick pieces of chicken. Repeat with other chicken breast.
2. Place chicken on a rimmed and greased baking sheet. Spread 1 tablespoon Greek yogurt onto each piece of chicken.
3. In a small bowl, combine panko, cheddar cheese, olive oil, garlic powder, onion powder and black pepper. Sprinkle this mixture on top of chicken and press to help it adhere.
4. Bake the chicken for 12-15 minutes until cooked through, juices will run clear when pierced with a knife.
5. Serve alongside a green salad for a quick weeknight meal to enjoy!

Yield: 4 servings (1/2 chicken breast per serving)

Nutrition Facts: 193 Calories; 7 g Fat (2 g Saturated Fat; 0 g Trans Fat); 39 mg Cholesterol; 363 mg Sodium; 12 g Carbohydrate (1 g Fiber, 2 g Sugar); 20 g Protein; 2% Daily Value (DV) Vitamin A; 1% DV Vitamin C; 11% DV Calcium; 7% DV Iron



Sweet & Crunchy Coleslaw

Cabbage and carrots are great ways to stretch your food dollar in the produce aisle. These hearty vegetables will last quite a while when properly stored at home. Not to mention their rich color means they are loaded with vitamins and minerals! Our Sweet & Crunchy Coleslaw is a good source of both Vitamin A and Vitamin C; good for the eyes, immune system and taste buds! Whip up this quick recipe for your dinner table tonight!

Ingredients:

½ small red cabbage, shredded (about 2 cups)
2 carrots, shredded (about ½ cup)
1 Granny Smith apple, julienned (cut into matchsticks)
2 tablespoons non-fat plain Greek yogurt
2 tablespoons olive oil
1 tablespoon cider vinegar
Juice of 1 lemon
¼ teaspoon salt
¼ teaspoon black pepper

Directions:

1. In a large bowl, combine yogurt, olive oil, vinegar, lemon juice, salt and pepper.
2. Add in shredded cabbage, carrots and apples and toss to coat evenly.
3. For best results, cover coleslaw with plastic wrap and set it in the fridge for at least 1 hour to allow flavors to combine. Serve and enjoy!

Yield: 4 servings (1/2 cup per serving)

Nutrition Facts: 103 Calories; 7 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 169 mg Sodium; 10 g Carbohydrate (2 g Fiber, 6 g Sugar); 2 g Protein; 19% Daily Value (DV) Vitamin A; 37% DV Vitamin C; 3% DV Calcium; 2% DV Iron



Turkey Taco Lettuce Cups

Taco Night gets a healthy make over with this lightened up version of a family favorite. We bring the saturated fat way down by switching from ground beef to lean ground turkey. Plus we cut the meat in half by substituting half a pound of turkey for diced mushrooms to up the fiber content and add B vitamins. Ditch the fried taco shell and replace it with a lettuce cup and you won't even need shredded lettuce for a topping!

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 8 ounces 93% lean ground turkey
- 2 cloves garlic, minced
- 8 ounces button mushrooms, diced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 2 teaspoons cornstarch
- 1 ½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 2/3 cup water
- 12 leaves Boston or Bibb lettuce

Directions:

1. Heat oil in a large sauté pan over medium heat. Add onions and cook 3-4 minutes until softened. Add ground turkey and garlic and cook 4-5 minutes until no longer pink.
2. Add diced mushrooms and cook 2-3 minutes more until mushrooms are soft.
3. Meanwhile, in a small bowl combine chili powder, cumin, cornstarch, paprika, salt and cayenne pepper.
4. Once mushrooms are softened, add spice mixture and water to pan and bring to a simmer. Simmer for 2-3 minutes until liquid has thickened.
5. Fill lettuce leaves with taco mixture and add your favorite toppings such as diced tomatoes, sliced avocado or low fat shredded cheese. Serve and enjoy!

Yield: 6 servings (2 lettuce cups per serving)

Nutrition Facts: 91 Calories; 4 g Fat (1 g Saturated Fat; 0 g Trans Fat); 19 mg Cholesterol; 323 mg Sodium; 6 g Carbohydrate (2 g Fiber, 1 g Sugar, 0 g Added Sugar); 10 g Protein; 12% Daily Value (DV) Vitamin A; 3% DV Vitamin C; 1% DV Vitamin D; 3% DV Calcium; 11% DV Iron; 7% DV Potassium