

Inspired by our farm family roots, the Health Team at Cabot recently launched a contest enlisting the support of our health professional contacts to help us find the best in family-friendly recipes. Research shows that families who eat together, eat better... a win for everyone at the table! So using our award-winning Reduced Fat natural cheddar cheeses as a starting point, we asked these folks to share with us their best “Feel Good, Family Recipes.”

We left the judging of our submissions, though, up to our trusted colleagues—chefs from the New England Culinary Institute. With so many innovative, delectable entries, their task to choose a winner was daunting. But, we think you will agree, the results speak for themselves – deliciously!

We offer a big Thank You to all of the participants of this contest, congratulate the winners and most of all, hope that you will be inspired to join the family dinner table tonight.

Judging by our friends at :

**NEW ENGLAND
CULINARY INSTITUTE**



from the kitchen of | Sharon Collison, Newark, DE

Crust-Topped Tex-Mex Chowder

MAKES 4 SERVINGS



- Cooking spray
- 1 small Vidalia or other sweet onion, chopped
- 1 1/2 teaspoons chopped garlic
- 1 (14-ounce) can lowfat no-salt added chicken broth
- 1 (14-ounce) can no-salt added diced tomatoes with juice
- 1 cup canned no-salt added dark red kidney beans, rinsed and drained
- 3/4 cup frozen sweet corn
- 1/2 (10-ounce) package frozen chopped spinach
- 1/2 cup medium or hot tomato salsa
- 1 1/2 tablespoons chopped fresh cilantro, divided
- 1/4 teaspoon coarsely ground black pepper
- 1 (8-ounce) can refrigerated reduced-fat crescent dinner rolls
- 4 ounces **Cabot 75% Reduced Fat Cheddar**, grated (about 1 cup)

1. Spray bottom of large pot generously with cooking spray. Add onion and garlic and cook, stirring, over medium heat until translucent.
2. Stir in broth and tomatoes with juice, beans and corn. Add frozen spinach and stir until defrosted and heated through. Stir in salsa, 1 tablespoon of cilantro and pepper and return to simmer.
3. Preheat oven to 375°F. Divide hot chowder among four 12-ounce deep oven-safe soup bowls.
4. Open crescent rolls and separate into 4 rectangles. Lightly flour each and roll into square just large enough to cover top of bowl, pressing serrated line together.
5. Drape dough squares over bowls. Gently poke in several places with knife to allow steam to escape.
6. Place bowls on sturdy baking sheet and place in oven. Bake for 10 to 12 minutes or until crust is golden.
7. Top each with about 1/4 cup of cheese. Return to oven and bake until cheese is melted, about 2 minutes longer.
8. Remove from oven and let cool for 5 minutes. Serve sprinkled with remaining cilantro.

Nutrition Analysis: Calories 390, Total Fat 13g, Saturated Fat 6g, Sodium 860mg, Carbohydrates 52g, Dietary Fiber 8g, Protein 22g, Calcium 300mg

from the kitchen of | Whitney Lee Randall, Long Beach, CA

Fiesta Stuffed Peppers

MAKES 8 SERVINGS



- 8 large red, yellow or green bell peppers plus 1 small red bell pepper
- 1 (6.8-ounce) package Rice a Roni Spanish Rice
- 2 cups fresh spinach leaves
- 1 medium zucchini, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup chopped fresh or drained reduced-sodium canned diced tomatoes
- Salt and ground black pepper to taste
- 8 ounces **Cabot 50% Reduced Fat Cheddar**, grated (about 2 cups)
- 1 pound lean ground turkey
- 1 package 40%-less-sodium taco seasoning mix

1. Preheat oven to 350°F.
2. Slice off tops of large peppers and scrape out and discard seeds and membranes. Chop small red pepper into medium dice and set aside.
3. Wrap whole peppers in large sheet of aluminum foil and place in large baking dish. Bake for 20 minutes or until crisp-tender. Set aside, still wrapped in foil.
4. Meanwhile, prepare rice according to package directions.
5. In large nonstick skillet, combine reserved diced pepper with spinach, zucchini, onion and garlic; cook over medium-high heat, stirring often, until vegetables are tender, about 10 minutes.
6. Mix in chopped tomatoes and season mixture with salt and pepper. Transfer to large bowl.
7. Wipe out skillet and add ground turkey. Cook over medium-high heat, breaking it up with wooden spoon, until turkey is completely cooked. Stir in taco seasoning and stir 1 minute longer. Stir cooked rice mixture into turkey.
8. Spoon about 3/4 cup of turkey-rice mixture into each pepper. Top with about 1/4 cup of vegetable mixture. Top each with about 1/4 cup of cheddar.
9. Place in baking dish, cover with foil and bake for 20 to 25 minutes or until filling is heated through and peppers are tender.

Nutrition Analysis: Calories 287, Total Fat 10g, Saturated Fat 4.5g, Sodium 610mg, Carbohydrates 30g, Dietary Fiber 4.5g, Protein 22g, Calcium 246mg

from the kitchen of | Anita Shelton, Charlottesville, VA

Spicy Cheddar & Roasted Pepper Spread/Dip

MAKES ABOUT 2 1/2 CUPS



- 2 large unpeeled garlic cloves
- 1 1/3 cups **Cabot 2% Plain Greek-Style Yogurt**
- 8 ounces **Cabot 50% Reduced Fat Jalapeno Cheddar**, grated (about 2 cups)
- 1/4 cup finely chopped jarred roasted red peppers
- 1/4 teaspoon onion powder
- 1/4 teaspoon Cholula Hot Sauce, or more to taste

1. Place garlic cloves in small dry skillet over medium heat. Roast, shaking pan often, for 5 to 10 minutes or until cloves are softened and golden brown with spots of dark brown. Remove from pan and let cool. Slip off skins and mash/chop well.
2. Combine in bowl with remaining ingredients. Use immediately or cover and refrigerate (flavor improves overnight). (Can be made in advance and frozen in airtight container for several months.)

Suggested uses

- Spread on sandwiches, bagels, pita pockets or wraps.
- Bring to room temperature and serve as dip with sturdy fruits and vegetables (apple slices, broccoli florets, celery sticks), pretzel sticks or hearty chips.
- Garnish chili or soups such as tomato, potato or butternut squash.
- Top baked potatoes or hot vegetables.
- Fill omelets and frittatas.
- Shape into ball and roll in chopped toasted nuts or minced fresh parsley; serve with favorite crackers.

Nutrition Analysis: Calories 40, Total Fat 2g, Saturated Fat 1.5g, Sodium 90mg, Carbohydrates 1g, Dietary Fiber 0g, Protein 4.5g, Calcium 91mg



Look for this in the dairy case!



Since 1919, the New England and New York farm families who own Cabot Creamery Cooperative have used only the finest ingredients and old-world, traditional

cheesemaking methods to produce internationally award-winning cheeses, including the “World’s Best Cheddar.”

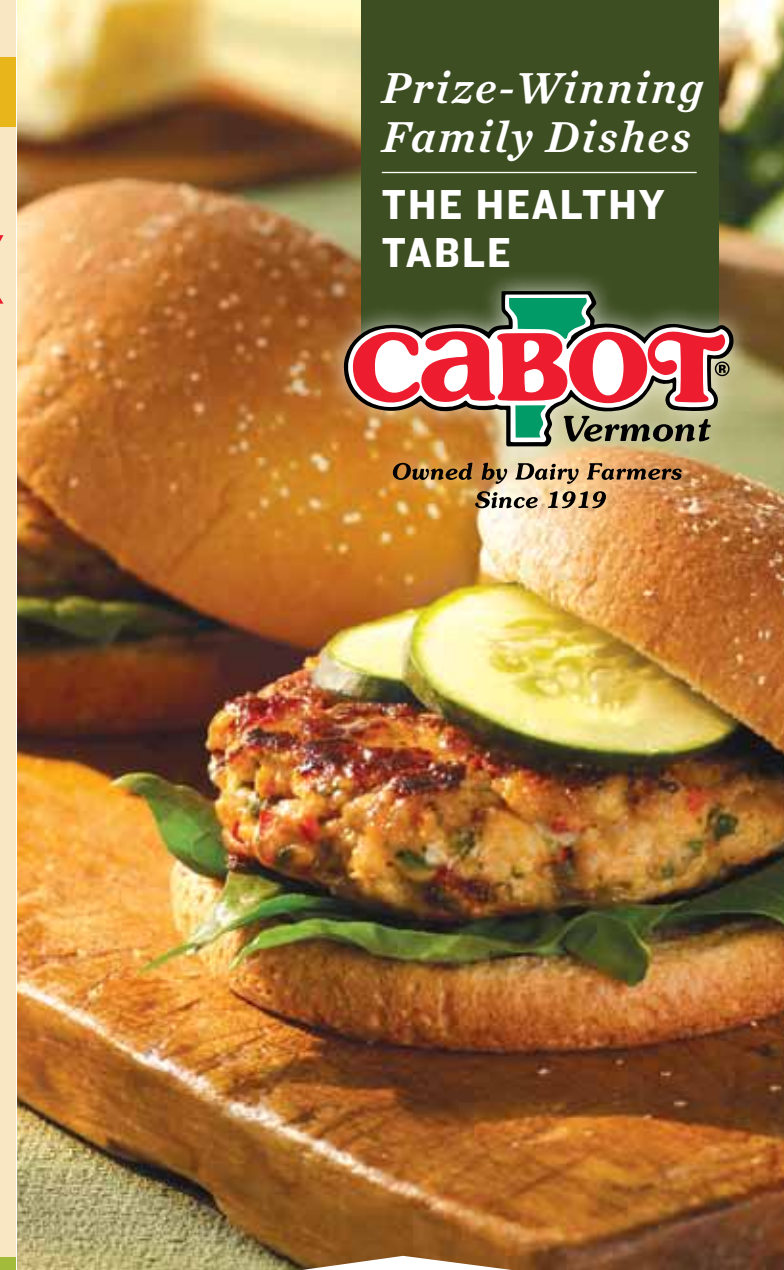
To learn more about our cheeses, find more great recipes and pairings, or to simply learn more about our farm families who own, operate and share the profits of Cabot - who we are and what we do – visit us at www.cabotcheese.coop

*Prize-Winning
Family Dishes*

**THE HEALTHY
TABLE**



*Owned by Dairy Farmers
Since 1919*



CABOTCHEESE.COOP



from the kitchen of | Daria Kiselica, Charlottesville, VA



from the kitchen of | LeeAnn Weintraub, Sherman Oaks, CA



from the kitchen of | Lisa Urso, Williamsville, NY



from the kitchen of | Tracy Noerper, Nashville, TN



from the kitchen of | Nancy Castellana, Stamford, CT

Cheddar-Stuffed Chicken in Phyllo

MAKES 4 SERVINGS



GRAND PRIZE

- Cooking spray
- 4 ounces **Cabot 50% Reduced Fat Sharp Cheddar**, grated (about 1 cup)
- 1/4 cup grated carrots
- 1/4 cup chopped walnuts
- 1/4 cup panko (Japanese-style) dried breadcrumbs
- 8 leaves fresh sage, finely chopped
- 1 tablespoon King Arthur Unbleached All-Purpose Flour
- 4 boneless, skinless chicken breast halves (about 1 1/4 pounds total)
- 8 (approximately 9-by-14-inch) sheets thawed phyllo dough (about 1/3 pound)
- 1 tablespoon **Cabot Salted Butter**, melted

- Preheat oven to 400°F. Coat baking dish with cooking spray.
- In medium bowl, toss together cheese, carrots, walnuts, breadcrumbs, sage and flour until well combined.
- Place chicken breasts between two sheets of plastic wrap; pound with heavy skillet until flattened into thinner, even layer.
- Squeeze stuffing mixture into four equal balls. Place one ball in middle of each chicken breast and wrap meat around stuffing to cover as much as possible.
- Keeping remaining sheets of phyllo covered, place one sheet of phyllo on work surface, short side facing you; top with second sheet. Coat nearest half with cooking spray, then fold sheets in half over spray.
- Place stuffed chicken breast rounded-side-down in center and fold phyllo around to enclose. Repeat with remaining phyllo and chicken. Place packets seam-side-down in prepared baking dish. Brush tops with butter.
- Bake for 20 to 25 minutes or until pastry is golden and chicken is cooked.

Nutrition Analysis: Calories 429, Total Fat 17.5g, Saturated Fat 6.5g, Sodium 95mg, Carbohydrates 29g, Dietary Fiber 2g, Protein 40g, Calcium 238mg

Cabot Pepper Jack Chicken Burgers

MAKES 4 SERVINGS



FIRST PLACE

- 2 teaspoons plus 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 pound ground chicken (preferably 2/3 white meat plus 1/3 dark meat)
- 4 ounces **Cabot 50% Reduced Fat Pepper Jack**, grated (about 1 cup)
- 2 red Fresno chiles, finely chopped
- 1/4 cup chopped fresh cilantro
- 1 tablespoon Cholula Hot Sauce, or more to taste
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- Whole grain buns, fresh spinach leaves and sliced cucumbers

- In small skillet, heat 2 teaspoons of oil over medium heat; add onions and cook, stirring often, until well browned, about 10 minutes. Transfer to small plate to cool.
- In large bowl, combine chicken, cheese, chiles, cilantro, hot sauce, salt, pepper and cooled onions. Form mixture into four equal patties.
- In large nonstick skillet, heat remaining tablespoon oil over medium heat; add chicken patties and cook for about 6 minutes per side or until done all the way to center.
- Serve burgers on whole grain buns topped with spinach and cucumbers.

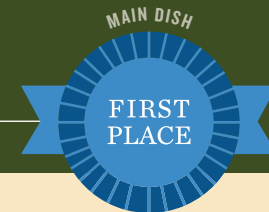
Nutrition Analysis: Calories 310, Total Fat 20g, Saturated Fat 6g, Sodium 620mg, Carbohydrates 6g, Dietary Fiber 1g, Protein 29g, Calcium 224mg

Add some Pepper Jack on top for an extra cheesy burger!



Cheesy Chicken Enchiladas

MAKES 8 ENCHILADAS



FIRST PLACE

- Cooking spray
- 2 cups cubed cooked boneless, skinless chicken breasts
- 10 ounces **Cabot 75% Reduced Fat Cheddar**, grated (about 2 1/2 cups), divided
- 1 cup **Cabot No Fat or Light Sour Cream**, divided
- 1/4 cup chopped onion
- 1/2 cup drained no-salt added canned black beans
- 1/2 cup frozen corn
- 8 (6-inch) whole grain or flour tortillas
- 1 (10-ounce) can mild or hot enchilada sauce
- 1 1/2 cups diced fresh tomatoes
- 1 (4-ounce) can diced green chiles
- Garnishes: shredded lettuce, fat-free refried beans and additional sour cream

- Preheat oven to 350°F. Coat 9-by-13-inch baking dish with cooking spray. In medium bowl, combine chicken, 1 cup of grated cheese, 3/4 cup of sour cream and chopped onion. Stir in black beans and corn, if using.
- Place one-eighth of filling down center of each tortilla and roll up. Place in single layer in prepared baking dish. Spoon enchilada sauce on top. (Enchiladas can be made in advance up to this point; cover and refrigerate until ready to bake.)
- In small saucepan, stir together remaining 2 cups cheese and 1/4 cup sour cream; stir over low heat until smooth. (Alternatively, combine in bowl and microwave for 10-second intervals, stirring until smooth.)
- Pour cheese sauce evenly over enchiladas and top with tomatoes and chiles. Bake for 20 to 30 minutes or until lightly browned and bubbling. If desired, top enchiladas with dollops of sour cream and serve with shredded lettuce and refried beans.

Nutrition Analysis: Calories 330, Total Fat 7g, Saturated Fat 2.5g, Sodium 500mg, Carbohydrates 36g, Dietary Fiber 4g, Protein 29g, Calcium 300mg

Oatmeal Cheddar Blackberry Bars

MAKES 16 BARS



FIRST PLACE

- Cooking spray
- 1 cup rolled oats
- 1/2 cup packed brown sugar
- 1/4 cup King Arthur Unbleached All-Purpose Flour
- 1/4 cup King Arthur White Whole Wheat or Premium Whole Wheat Flour
- 1/8 teaspoon salt
- 2 ounces **Cabot 50% Reduced Fat Cheddar**, finely grated (about 1/2 cup)
- 5 tablespoons **Cabot Unsalted Butter**, softened
- 3/4 cup blackberry preserves, at room temperature
- 2 tablespoons chopped pecans

- Preheat oven to 350°F. Coat 8-by-8-inch square baking pan or dish with cooking spray.
- In medium bowl, combine oats, brown sugar, white and whole wheat flours and salt; add cheese and butter and mix together with your fingertips until mixture is completely blended and holds together when pressed.
- Press 2 cups of mixture firmly over bottom of pan, reserving rest. Spread preserves to within 1/4 inch of edge.
- Mix chopped pecans into remaining mixture; sprinkle evenly over preserves and press down lightly.
- Bake for 25 to 30 minutes or until lightly browned on top. Let cool, then cut into bars.

Nutrition Analysis: Calories 142, Total Fat 5g, Saturated Fat 2.5g, Sodium 70mg, Carbohydrates 23g, Dietary Fiber 1g, Protein 2g, Calcium 32mg

The lighter side of delicious!



Butternut Squash and Cheddar Risotto

MAKES 4 SERVINGS



SECOND PLACE

- 2 tablespoons olive oil
- 1/2 cup diced onions
- 1/2 cup diced mushrooms
- 2 cloves garlic, minced
- 1/2 cup dry sherry
- 1 cup white rice
- 2 to 2 1/2 cups lowfat no-salt added chicken broth
- 1 1/2 cups cooked and mashed butternut squash*
- 1/2 cup fat free half-and-half
- 2 ounces **Cabot 75% Reduced Fat Cheddar**, grated (about 1/2 cup), plus more for garnish
- Salt and ground black pepper to taste
- 1/4 cup chopped fresh parsley

- In large sauté pan or Dutch oven, heat olive oil over medium heat; add onions and mushrooms and cook, stirring, until tender, about 5 minutes. Add garlic and stir until fragrant.
- Splash sherry over vegetables and let simmer for 2 minutes. Add rice, stirring to coat with liquid, and let cook until liquid is absorbed. Reduce heat to medium-low.
- Add chicken broth 1/2 cup at a time and cook, stirring often, until all of broth is absorbed before adding more. (Add just enough of broth to make rice firm but cooked through to center.)
- In bowl, combine squash, half-and-half and 1/2 cup cheese. Stir squash mixture into risotto. Stir until heated through. Season with salt and pepper.
- Serve topped with parsley, plus additional grated cheese if desired.

*Use fresh squash that has been roasted, boiled or microwaved or frozen squash, thawed. Consistency should be smooth and soft. Roasted butternut squash will give the richest flavor (bake at 400°F for about 1 1/4 hours).

Nutrition Analysis: Calories 380, Total Fat 10g, Saturated Fat 2g, Sodium 570mg, Carbohydrates 58g, Dietary Fiber 5g, Protein 13g, Calcium 152mg