



THE DAIRY CONNECTION:

Pairing nutrient-dense dairy with wholesome fruits & veggies.





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Dear Supermarket RD:

As fellow Registered Dietitians, we often hear that one of the biggest challenges families face is eating more fruits and vegetables. At Cabot, we believe the secret to their success may lie in what they’re pairing on the plate.

The goal of this toolkit is to provide tips, recipes, and interactive lessons to help increase the consumption of vegetables and fruits, by pairing them with favored dairy foods. We hope you find this information helpful.

Sincerely,

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HOW TO CREDIT CABOT RESOURCES:

You may make or order copies of the various resources and distribute them as you wish, including recipes, newsletter articles, social media posts, etc. We kindly ask that you credit Cabot Creamery Cooperative and ADANE by indicating “brought to you by Cabot Creamery Cooperative and the American Dairy Association North East” or tag us @cabotcheese, @cabotRD, and @AmericanDairyNE

SURVEY

Upon completion of your promotion or use of enclosed materials and content, we invite you to take a moment to help us plan future Healthy You Toolkits by completing a brief survey, which will be emailed to you directly.

We greatly appreciate your feedback!

To access past toolkits [click here](#)

Ditching “Diets”

Look around any bookstore or do a quick online search and you’ll find there is no shortage of “diet” advice for “how to lose weight” and “get healthy.” But the term “diet” conjures up images of speedy results and a start/stop to a certain eating pattern.

Registered Dietitians agree the most successful way to achieve a healthy weight and reduce risk for disease is by adopting a lifelong commitment to active living and eating healthful foods — like fruits, vegetables, dairy, whole grains, nuts/seeds and lean meats and seafood.

Given that heart disease remains the #1 cause of death in both men and women, it’s important to know that pairing three of these foods — fruits, vegetables and dairy — has been shown to have heart health benefits, specifically reduction in blood pressure.

The DASH (Dietary Approaches to Stop Hypertension) eating plan has been shown to reduce blood pressure as much as some medications and includes increasing the amount of fruit, vegetable and dairy eaten daily to:

- **4-5 servings of vegetables**
- **4-5 servings of fruit**
- **2-3 servings of low-fat or fat-free dairy products**

Knowing that fruit, vegetable and dairy foods offer health benefits doesn’t always translate to eating more of the three, especially when it comes to eating more veggies. The good news is that by pairing the dairy foods you already love — think Greek-yogurt ranch dip — with the veggies you want to eat more of — think carrot sticks — you can create tasty pairings that will not only be enjoyable, but will also offer health benefits as well.



PERFECT PAIRINGS

- Carrot sticks and Cabot cottage cheese
- Celery dipped in peanut butter mixed with Cabot Greek yogurt
- Broccoli topped with Cabot’s Simple Cheddar Cheese Sauce
- Cucumber slices with Cabot Pesto Greek Yogurt Sauce
- Smoothie made with milk and fruit

WHAT’S BEHIND THE POWER OF THIS PAIRING?

This diet is high in potassium, calcium, magnesium — nutrients known to aid in blood pressure reduction.

KNOW YOUR SERVING SIZE

One-cup of dairy equals ³

- 1 cup of fluid milk or soymilk
- 1 cup of yogurt
- 1 ½ ounces of cheese

A Serving of Vegetables equals ⁴

- 1 cup leafy greens
- ½ cup fresh/frozen/canned veggies
- ½ cup vegetable juice



Concerned About Fat? Consider This.

Many Americans over the age of three do not consume the recommended amount of dairy.⁵ For adults, this could be from fear of fat and calories. Yet recent research shows that saturated fat may not increase a person's risk for heart disease or stroke.⁶ In fact, many health experts believe full fat dairy products can be part of a healthy lifestyle, noting that they have the same beneficial nutrients (like calcium, potassium and magnesium) as lower fat options.⁵

The Dairy-Veggie Connection

Beyond the benefit of simply eating more veggies when paired with dairy foods, putting the two together may also help with weight control. High in protein and fiber, dairy and veggies together may help keep you feeling fuller longer.¹⁰ Additionally, both food groups help supply important nutrients most Americans don't get enough of — like calcium, potassium, and vitamin D.

NUTRIENTS IN DAIRY⁸

Calcium	Potassium
Phosphorus	Vitamin A
Riboflavin	Protein
Vitamin B12	Magnesium

NUTRIENTS IN VEGETABLES⁹

Calcium	Fiber
Folate	Iron
Magnesium	Potassium
Vitamin A	Vitamin C
Sodium	



In-Store Pairing

Use this as a demo or as part of a grocery store tour.

Title: Daily Dairy Duos

Objectives: Introduce the concept of pairing vegetables with dairy products.

Specific Objectives: After observing and participating in the demonstration the adults will be able to:

1. Identify 2 foods (one vegetable and one dairy product) that pair well together.
2. Describe 2 health benefits or nutritional qualities of dairy products.

Procedure:

Introduction: “Today we will be pairing vegetables with a few different dairy products. The health benefits to doing this are...”

Body: Identify the dairy products in the store that are good pairing options with vegetables (cheese, plain yogurt to mix into a dip, cottage cheese). Discuss taste qualities of vegetables and which may be best paired with a dairy product (ie those that are bitter or bland?).

Activities: The participants will begin by learning about the health benefits to pairing dairy products with vegetables. They will learn about the different dairy products and vegetables available in the store, as well as which ones pair well together. They should taste the vegetable and note any distinct tastes, flavors or textures. Then the participants should choose the same vegetable and pair it with a cube of cheese, some dip or cottage cheese and note the changes in taste, flavor or texture. The participants should be prompted to share their results. End with offering a few recipe cards containing vegetable and dairy pairings.

CABOT PESTO GREEK YOGURT SAUCE



Materials Needed:

1. Vegetables, sliced
2. Cheese cubes
3. Cabot Pesto Greek Yogurt Sauce
5. Toothpicks
6. Napkins
7. Comment cards
8. Recipe cards

Other Interactive Ideas

- Invite a local farmer to your store for a demo.
- Offer a cooking class on how to prepare an entrée that incorporates dairy and lesser-known vegetables.
- Feature a new recipe each week in the produce section. Have a stack of cards next to the produce of interest.

Cabot's Fruit Pairing Guides



APPLE & CHEESE

cabotcheese.coop/apple-and-cheese



PEAR & CHEESE

cabotcheese.coop/pear-and-cheese

Shareable Content

FACEBOOK



Do your kids turn up their nose at the sight of broccoli on their plates? Have you almost given up trying? Pair broccoli with Cabot Light Cheddar in a healthy casserole and see what happens! Adding cheese doesn't decrease the nutritional value of the broccoli. They are still eating a green vegetable!

<https://www.cabotcheese.coop/cheesy-broccoli-casserole>



Do you love cheese? Are you worried about the amount of fat? Try Cabot's Sharp Light (50% less fat) or Sharp Extra Light (75% less fat) and see what you think. Cheese contains calcium that your body needs to build strong bones. You don't need much to reap the benefits. Find recipes using Cabot's low-fat products at

<https://www.cabotcheese.coop/recipes>



Plain and even flavored Greek yogurt can help you build strong bones. If you're not a fan of plain Greek yogurt, make it your own! Mix in nuts, seeds, fruit, and/or spices.



TWITTER

Don't ditch #dairy! Your body will thank you. Find #healthy recipes that the family will love at <http://bit.ly/2bFoRWw>



Summertime snacking: Stack fresh cucumber slices on a pretzel crisp with Hot Habanero Cheddar @cabotcheese <http://bit.ly/29movWX>



Greek yogurt isn't the only #healthy dairy product. Pair cheese with some fruit or vegetables and you've got a balanced snack!



Recipes

CHEESY CAULIFLOWER BREADSTICK



Makes 16 breadsticks

INGREDIENTS

- 1 head cauliflower
- 3 tablespoons water
- 1 large egg
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 8 ounces Cabot Vermont Sharp Cheddar, grated (about 2 cups)
- ½ teaspoon crushed red pepper flake, or to taste
- ¼ teaspoon Italian Seasoning

DIRECTIONS

1. Core cauliflower and cut into florets. Process in food processor fitted with the steel blade attachment, in two batches, until the cauliflower looks like fine rice. Place 3 tablespoons water in the bottom of a large sauce pan. Add the cauliflower mixture. Cover and steam over medium heat, stirring occasionally, until the cauliflower is very soft, 8 to 10 minutes. Line a colander with a clean linen towel. Scrape the cauliflower mixture into the towel, and let sit to cool, about 30 minutes. Wrap cauliflower up into a bundle, and then squeeze bundle from the top down to remove the excess moisture from the cauliflower. Continue squeezing for several minutes until the ball of cauliflower is about half its original size and you have squeezed out about 1 cup of liquid. **2.** Whisk egg, salt and pepper in a large bowl. Add the cauliflower and stir to combine. Add 3 ounces (about ¾ cup) grated Cabot cheddar cheese. Stir to combine. **3.** Preheat oven to 400° F. Line a baking sheet with parchment paper. Lightly mist parchment with cooking spray. **4.** Pat cauliflower mixture out onto the parchment into a rectangle, about 9 by 11 inches. Bake until the mixture is dried out and the edges are starting to brown, 15 to 17 minutes. Top with the remaining 6 ounces cheese grated (1¼ cup), crushed red pepper and Italian seasoning and return to the oven. Bake until the cheese is melted and bubbling, 4 to 6 minutes. Let cool 10 minutes before slicing in half lengthwise once and then crosswise eight times to form 16 rectangular breadsticks.

Find nutrition facts and more recipes at:
cabotcheese.coop/recipes
cabotcheese.coop

BULGUR, CUCUMBER & CHICKPEA SALAD



Makes 8 servings

INGREDIENTS

- 1¼ cups water
- 1 teaspoon salt
- 1 cup raw bulgur
- ¼ cup Cabot 2% Plain Greek-Style Yogurt
- 3 tablespoons extra virgin olive oil
- 2 teaspoons freshly grated lemon zest
- 3 tablespoons fresh lemon juice
- 1 teaspoon ground black pepper
- 2 cups halved and thinly sliced English cucumber
- 1 (15.5-ounce) can chickpeas, rinsed and drained
- 3 tablespoons chopped fresh oregano or mint (optional)

DIRECTIONS

1. In saucepan, bring water and salt to boil; turn off heat, stir in bulgur, cover pan and let stand for 20 to 30 minutes until water is absorbed. **2.** Uncover and let cool to room temperature (spread out on baking sheet to cool faster). **3.** In large bowl, whisk together yogurt, olive oil, lemon zest, lemon juice and pepper. Add cucumber, chickpeas, cooled bulgur and herb, if using; toss together well. Cover and refrigerate for at least 1 hour for cucumber juices to soften bulgur further and flavors to meld.

CRANBERRY APPLE PECAN OVERNIGHT OATS



Makes 2 servings

INGREDIENTS

- ⅔ cup rolled oats, not instant
- ½ cup Cabot Lowfat Vanilla Bean Greek Yogurt
- ⅔ cup low-fat (1 percent) milk
- 1 teaspoon ground cinnamon
- ⅛ teaspoon Kosher salt
- 1 small apple, finely diced
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans

DIRECTIONS

1. In a medium bowl, combine the oats, yogurt, milk, cinnamon, salt, diced apple and cranberries. Mix well to combine. Divide the mixture between 2 serving dishes or jars. **2.** Refrigerate for 8 hours or overnight. **3.** Top with chopped pecans before serving.

Recipes

ALPINE CHEDDAR & KALE STOVETOP MACARONI & CHEESE



Makes 9 cups

INGREDIENTS

- Salt for pasta water plus ¼ teaspoon, divided
- 13 to 14 ounces dry pasta, such as fusilli, rotini or macaroni, whole-wheat if desired
- 2 tablespoons Cabot Unsalted Butter
- 1 shallot, minced
- 2 tablespoons plus 1 teaspoon King Arthur All-Purpose Flour
- 1½ cups fat-free milk
- 2 teaspoons Dijon mustard
- ½ teaspoon garlic powder
- ¼ teaspoon pepper, white if desired
- 6 ounces Cabot Alpine Cheddar, shredded (about 1½ cups)
- 3 cups packed chopped raw kale, steamed for 2 minutes

DIRECTIONS

1. Bring a large pot of salted water to a boil. 2. When water boils, prepare pasta according to package. Drain well. 3. Meanwhile, melt butter in a medium saucepan over medium heat. Add shallot and cook, stirring until the shallot is slightly softened, 1 to 2 minutes. Make roux by sprinkling flour over the shallot and stir to dissolve flour into the butter. Whisk in milk and continue whisking until all of the flour is incorporated into the milk. Scrape along edges of the saucepan with a heat-proof spatula make sure no roux remains in the corners. Whisk in Dijon, garlic powder, ¼ teaspoon salt and pepper. Whisking constantly, increase heat to medium-high and bring to a simmer and cook until thickened, 2 to 3 minutes. 4. Remove the sauce from the heat. Stir in cheddar and whisk until completely melted into the sauce. 5. Stir the hot cooked pasta, sauce and kale in the pasta pot. Serve immediately.

Find nutrition facts and more recipes at:
cabotcheese.coop/recipes
cabotcheese.coop

CABOT PESTO GREEK YOGURT SAUCE



Makes 3 cups

INGREDIENTS

- 2 cups fresh basil
- 2 cloves garlic
- ⅓ cup extra virgin olive oil
- 3 tablespoons pine nuts
- 1 ounce parmesan cheese, freshly grated (about ¼ cup)
- 1 ounce Cabot Alpine Cheddar or Cabot Seriously Sharp Cheddar, freshly grated (about ¼ cup)
- Kosher salt
- Freshly ground black pepper
- 2 cups Cabot Plain Greek Yogurt

DIRECTIONS

1. Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped. 2. With the food processor running on low to medium speed, slowly add the olive oil and blend until the pesto mixture is smooth and well blended. 3. Transfer the pesto to a large bowl and season with the salt and pepper to taste. Stir in the cheeses and then add the yogurt and blend well.

ROASTED ZUCCHINI & PARMESAN DIP



Makes 2 servings

INGREDIENTS

- 1 pound small or medium zucchini, washed, ends trimmed, cut into 1/4-inch-thick slices
- 1 tablespoon olive oil
- ½ cup freshly grated Parmesan or Asiago cheese
- ¼ cup Cabot 2% Plain Greek Yogurt or Cabot Plain Greek Yogurt
- 2 tablespoons Gourmet Garden Basil
- 1 tablespoon fresh lemon juice
- 2 teaspoons Gourmet Garden Garlic
- ¼ teaspoon ground black pepper
- Focaccia, cut into pieces

DIRECTIONS

1. Place rack in lower third of oven and preheat oven to 400°F. 2. On baking sheet with sides, toss zucchini slices with olive oil until coated. Spread out in even layer and roast for 25 to 30 minutes or until tender and nicely browned on underside. 3. Let cool to room temperature. With knife or in food processor, chop or process zucchini into coarse puree. 4. Transfer to small bowl and mix in cheese, yogurt, basil, lemon juice, garlic, and pepper. (Dip can be prepared 1 day ahead and refrigerated.) Serve with focaccia for dipping.

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