

5-Day Menu Planner Lactose Free

Having lactose intolerance doesn't mean you need to completely zap dairy foods from your diet. In fact, there are a number of ways to incorporate dairy foods that are lactose-free or low in lactose... and that's good news, since dairy foods, like

Cabot's aged Cheddars, are excellent sources of calcium and protein. Cabot's team of Registered Dietitians has developed a 5-day meal plan to help people who suffer from lactose intolerance enjoy a calcium-rich diet without feeling deprived.



	Breakfast	Lunch	Snacks	Dinner
Day 1	<ul style="list-style-type: none"> • 2 whole eggs and 1 egg white, scrambled with 1 cup frozen mixed vegetables • 1 piece whole grain toast with 1 teaspoon butter • 1 cup lowfat (1%) lactose-free milk 	<ul style="list-style-type: none"> • <i>Bean-Cheese Spirals</i> (no cooking required) • 1 large pear • 7 whole wheat crackers • 1 (6-ounce) container nonfat flavored yogurt* 	<ul style="list-style-type: none"> • 17 grapes • 30 baked pita chips 	<ul style="list-style-type: none"> • <i>Oven Roasted Salmon with Cabot Cheddar Polenta</i> • 1 cup steamed green beans • 1 cup lowfat (1%) lactose-free milk • 1 cup raspberries
Day 2	<ul style="list-style-type: none"> • 1 cup cooked quick grits, 1 teaspoon butter, 1/4 cup shredded Cabot Sharp Light Cheddar • 1 medium peach • 1 cup lowfat (1%) lactose-free milk 	<ul style="list-style-type: none"> • Peanut Butter and Banana Sandwich: 2 slices whole wheat bread, 2 tablespoons peanut butter and 1 medium/large banana, sliced • 1 1/2 cups baby spinach with 1 tablespoon fat free salad dressing • 1 cup lowfat (1%) lactose-free milk 	<ul style="list-style-type: none"> • 6 whole wheat crackers with 1 ounce Cabot Sharp Light Cheddar (about 1/4 cup) • 1 cup carrot slices • 1 (6-ounce) container nonfat flavored yogurt* 	<ul style="list-style-type: none"> • <i>Chicken with Cabot Chipotle Burritos</i> (make and use extra chicken for next day's lunch and dinner) • 13 regular tortilla chips with 1/2 cup salsa • 1 cup cubed cantaloupe
Day 3	<ul style="list-style-type: none"> • 1 1/2 cup cooked oats with 2 tablespoons dried cherries/cranberries • 1 cup lowfat (1%) lactose-free milk 	<ul style="list-style-type: none"> • <i>Cha-Cha Chicken and Cabot Cheddar Wraps</i> (use chicken from night before) • Basic Salad: Mix 2 cups salad greens, 1/2 medium tomato and 1/2 cup carrot slices with 2 tablespoons regular salad dressing • 1 (6-ounce) container nonfat flavored yogurt* • 1 small apple 	<ul style="list-style-type: none"> • 1 cup cucumber slices • 34 grapes • 6 walnut halves 	<ul style="list-style-type: none"> • <i>Penne with Chicken, Broccoli and Tomato Basil Cheddar</i> (use chicken from night before) • 1/4 cup steamed veggies (skip corn, peas, pasta mixes) • 1 cup lowfat (1%) lactose-free milk
Day 4	<ul style="list-style-type: none"> • 1 English muffin with 1 ounce lean sandwich meat • 1/2 cup orange juice • 1 cup low fat (1%) lactose-free milk 	<ul style="list-style-type: none"> • Lunch Salad: 2 cups salad greens, 1 medium tomato, sliced, 1/2 cup sliced cucumber, 2 ounces chunk tuna (packed in water), 2 tablespoons reduced fat salad dressing • 1 6-inch whole grain pita • 1 small apple • 1 cup lowfat (1%) lactose-free milk 	<ul style="list-style-type: none"> • 1/2 6-inch whole grain pita with 1/3 cup hummus • 1 ounce Cabot Sharp Light Cheddar (about 1/4 cup) • 1 medium peach 	<ul style="list-style-type: none"> • <i>Beer-Marinated Pork Tenderloin with Charred Corn-Cabot Relish</i> • 1/2 cob corn • 1 small whole grain dinner roll with 2 teaspoons butter • 1 cup steamed sugar snap peas • 1 cup lowfat (1%) lactose-free milk • 1 cup cubed cantaloupe

	Breakfast	Lunch	Snacks	Dinner
Day 5	<ul style="list-style-type: none"> • 3/4 cup unsweetened, ready-to-eat cereal with 1 cup lowfat (1%) lactose-free milk and 1 1/4 cups sliced strawberries • 1/2 cup orange juice 	<ul style="list-style-type: none"> • Deli Sandwich: 2 slices whole grain bread, 2 ounces Cabot Sharp Light Cheddar (about 1/2 cup), 2 ounces lowfat deli turkey breast, 1 tablespoon reduced fat mayo, 2 tablespoons avocado (1 ounce or 1/5 medium), 3 pieces romaine lettuce • 1 cup sugar snap peas, 1/2 cup sliced red pepper, 1/2 cup sliced mushrooms, 1 tablespoon fat free salad dressing • 1 cup lowfat (1%) lactose-free milk 	<ul style="list-style-type: none"> • 15 baked pita chips with 1 ounce Cabot Sharp Light Cheddar (about 1/4 cup) • 1 cup celery sticks with 1 tablespoon fat free salad dressing • 1 (6-ounce) container nonfat flavored yogurt* 	<ul style="list-style-type: none"> • <i>Black Bean & Cheddar Burgers</i> • <i>Cabbage, Apple and White Cheddar Slaw</i> • 1 1/4 cups cubed watermelon

*Note: This menu plan is based on an 1800 calorie/day diet (50% Carbohydrate, 20% Protein, 30% Fat). Each complies with the DASH Diet (Dietary Approaches to Stop Hypertension) and provides the following Exchanges for Diabetes Meal Planning: 8 Starch, 8 Lean Meat, 4 Vegetable, 4 Fruit, 3 Low-Fat Milk and 4 Fat. Exchange calculations are based on the American Dietetic Association Choose Your Foods: Exchange Lists for Diabetes, 2007.

5-Day Menu Planner Recipes (in order of listing)

Bean-Cheese Spirals

Makes 24 servings

- 1 (15-ounce) can black beans, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 2 teaspoons ground cumin
- 2 rectangular sheets soft whole wheat lavash bread or other wrap breads
- 4 ounces Cabot Chipotle, Sharp or Extra Sharp Cheddar, grated (about 1 cup)
- Tomato salsa (optional)

1. In bowl, mash beans, oil, lime juice and cumin into a coarse puree with potato masher or fork. Spread half of mixture over each lavash. Sprinkle with cheese.
2. Starting with wide side, roll up tightly. Wrap in plastic wrap and refrigerate until ready to serve. As needed, cut off 1-inch slices.
3. Place cut-side-down on plate and microwave just until warm, about 20 seconds for 4 spirals. Serve with tomato salsa for dipping if desired.

Nutrition Analysis: Calories 210, Total Fat 12g, Saturated Fat 4g, Sodium 420mg, Carbohydrates 18g, Dietary Fiber 4g, Protein 10g, Calcium 150mg

Oven Roasted Salmon with Cabot Cheddar Polenta

Makes 2 servings

Fish is the perfect choice for folks looking for a simple dinner for two. It's quick to cook and easy to buy in small portions at the market. Even better, though, are the health benefits that this

fish dish offers- "omega 3s"-the fatty acids found in salmon that are believed to offer a heart protective effect.

- 2 (4-ounce) salmon fillets
- Cooking spray
- 1 teaspoon lemon-pepper seasoning
- 1/2 medium lemon, sliced
- 2 teaspoons olive oil
- 1 (14-ounce) can reduced-sodium chicken broth
- 1/2 teaspoon chopped fresh or 1/4 teaspoon dried rosemary
- 1/4 teaspoon salt
- Dash of freshly ground black pepper
- 1/2 cup finely ground yellow cornmeal
- 2 ounces Cabot Sharp Light Cheddar, grated (about 1/2 cup)

1. Preheat oven to 425° F.
2. Place salmon fillets in a shallow baking dish coated with cooking spray. Sprinkle lemon-pepper seasoning over fish and top with lemon slices; drizzle with olive oil. Bake 20 minutes or until fish flakes easily when tested with a fork.
3. While salmon bakes, bring chicken broth, rosemary, salt and pepper to a boil in a small saucepan. Gradually whisk in cornmeal, stirring constantly. Reduce heat to medium; cook 2 to 3 minutes or until thick, stirring frequently. Remove from heat, and stir in cheese. Serve immediately with salmon.

Tip: Many seasoning blends are high in sodium. Look for a lemon-pepper that is salt-free or one that does not list salt as the first ingredient on the nutrition label.

Nutrition Analysis: Calories 409, Total Fat 16g, Saturated Fat 3g, Sodium 604mg, Carbohydrates 29g, Dietary Fiber 3g, Protein 37g, Calcium 210

Chicken with Cabot Chipotle Burritos

Makes 6 servings

- 4 cups diced roast chicken
- 4 ounces Cabot Chipotle Cheddar, grated (about 1 cup)
- 1 cup sliced green onions
- 3/4 cup jarred tomato salsa
- 3/4 cup chopped fresh cilantro
- 2 jarred roasted red peppers, sliced
- 3 tablespoons olive oil
- 1 tablespoon ground cumin
- Salt and ground black pepper to taste
- 6 burrito-size flour tortillas

1. In large bowl, mix together first eight ingredients; season with salt and pepper.
2. Working with 1 tortilla at a time, place tortilla directly over medium-high gas flame or in dry skillet over medium-high heat until softened and browned in spots, about 30 seconds per side.
3. Transfer to work surface. Spoon about 1 cup chicken mixture down center of tortilla; fold tortilla over ends of filling, then roll up to enclose. Repeat with remaining tortillas.
4. Wrap burritos in foil and refrigerate until ready to serve. Place in 350° F oven until heated through to center.

Nutrition Analysis: Calories 453, Total Fat 20g, Saturated Fat 7g, Sodium 879mg, Carbohydrates 27g, Dietary Fiber 3g, Protein 41g, Calcium 280mg

Cha-Cha Chicken and Cabot Cheddar Wraps*Makes 4 servings*

- 2 cups finely chopped green bell pepper
- 1 cup diced zucchini
- 1 cup diced yellow summer squash
- 1/2 cup chopped Vidalia onion
- 1/4 cup chopped fresh cilantro
- 2 large garlic cloves, finely minced
- 2 teaspoons ground cumin
- 1 (15.5-ounce) can black beans, rinsed and drained
- 1 cup shredded roasted chicken
- 4 ounces Cabot Sharp Light Cheddar, grated (about 1 cup)
- Salt and ground black pepper to taste
- 4 (9- or 10-inch) burrito-size flour tortillas

1. In large bowl, toss together green pepper, zucchini, summer squash, onion, cilantro, garlic and cumin.
2. Add beans, chicken and cheese and toss again. Season with salt and pepper.
3. Spoon one fourth of filling down center of each tortilla. Roll tortillas up around filling. Serve whole or cut in half.

Nutrition Analysis: Calories 367, Total Fat 7g, Saturated Fat 4g, Sodium 1053mg, Carbohydrates 52g, Dietary Fiber 18g, Protein 30g, Calcium 330mg

Penne with Chicken, Broccoli and Cabot Tomato Basil Cheddar*Makes 4 servings*

One of the best ways to maximize your spending power is to utilize leftovers in new, tasty dishes. This dish makes perfect use of leftover steamed broccoli and cooked chicken. Tossed with fresh cooked penne pasta and a fresh taste-twist of Tomato Basil Cheddar cheese, your family won't even notice you've made the old, new again.

- 8 ounces penne or other small pasta shape
- 2 cups small broccoli florets
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 2 cups shredded cooked chicken
- 4 ounces Tomato Basil Cheddar, grated (about 1 cup)

1. In large pot of boiling salted water, cook penne according to package directions, adding broccoli for last two minutes of cooking time.
2. Remove 1/2 cup of cooking water and set aside. Drain penne and broccoli in colander.
3. Return pot to heat and add oil and garlic; stir until fragrant, about 10 seconds. Add drained penne and broccoli, reserved cooking water and salt.
4. Remove pan from heat and add chicken and cheese, stirring until cheese is melted.

Nutrition Analysis: Calories 459, Total Fat 16g, Saturated Fat 8g, Sodium 543mg, Carbohydrates 37g, Dietary Fiber 6g, Protein 40g, Calcium 290mg

Beer-Marinated Pork Tenderloin with Charred Corn-Cabot Relish*Makes 8 servings***Marinade**

- 1 (12-ounce) bottle Harpoon Brown Session Ale
- 1/2 cup maple syrup
- 1/4 cup fresh lime juice
- 2 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 natural pork tenderloins (about 2 pounds total)

Relish

- 1 1/2 cups fresh corn kernels (or frozen corn kernels, thawed)
- 1/2 cup finely diced jarred roasted red bell peppers
- 1/2 cup finely diced Cabot Sharp Cheddar
- 1/4 cup chopped fresh cilantro or parsley
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

To make pork:

1. In bowl, whisk together marinade ingredients; pour into large plastic zip-close bag and add pork tenderloins, turning to coat. Let marinate in refrigerator for 8 hours or overnight.
2. Remove tenderloins from marinade, shaking off excess. Preheat one side of gas grill or prepare coals on one side of charcoal grill (high heat). When hot, place tenderloins directly over heat, turning 1/4 turn until browned on all 4 sides, 2 to 3 minutes per side.
3. Transfer tenderloins to indirect portion of grill; close lid of grill or tent with heavy foil or inverted foil roasting pan and continue cooking until only slightly pink in center and 145°F on instant-read thermometer inserted in thickest part, 3 to 5 minutes longer. Remove from grill and let rest for 5 minutes for juices to settle. Cut tenderloin into thick slices and serve with Charred Corn-Cheddar Relish.

To make relish:

1. Place large nonstick or cast-iron skillet over high heat. When skillet is hot, add corn and cook, stirring occasionally, until corn is nicely browned, about 2 minutes (be prepared for some to pop out of skillet).
2. Transfer corn to bowl. When cool, add remaining ingredients and combine well. Serve spooned on top of sliced pork.

Nutrition Analysis: Calories 279, Total Fat 12g, Saturated Fat 3g, Sodium 277mg, Carbohydrates 12g, Dietary Fiber 1g, Protein 27g, Calcium 70mg

Black Bean & Cheddar Burgers*Makes 4 servings*

- 1 (15.5-ounce) can black beans, rinsed and drained
- 4 ounces Cabot Seriously Sharp Cheddar, grated (about 1 cup)
- 1/2 cup dried breadcrumbs
- 1/3 cup finely chopped red bell pepper
- 1/4 cup chopped fresh cilantro or Italian parsley
- 1 large egg, lightly beaten
- 1 tablespoon ground cumin
- 1 tablespoon mild chili powder
- 2 teaspoons minced garlic
- 1/2 teaspoon salt
- 4 hamburger buns, split
- Tomato and avocado slices for garnish

1. Preheat grill to high. Lightly oil large sheet of aluminum foil and set aside.
2. In medium bowl, mash about half of beans into coarse puree with potato masher; add rest of beans, cheese, breadcrumbs, red pepper, cilantro or parsley, egg, cumin, chili powder, garlic and salt. Work mixture together by hand until it holds together easily.
3. Shape mixture into four 3/4-inch-thick patties. Place oiled foil on grill and set burgers on top. Cook for about 8 minutes per side or until browned on outside and heated through to center. (Alternatively, bake on oiled baking sheet at 375°F for about 10 minutes per side.) Serve on buns, topped with tomato and avocado.

Nutrition Analysis: Calories 425, Total Fat 14.5g, Saturated Fat 6g, Sodium 1274mg, Carbohydrates 55g, Dietary Fiber 9.5g, Protein 22g, Calcium 345mg

Cabbage, Apple and White Cheddar Slaw*Makes 8-10 servings***Dressing**

- 1/4 cup red-wine vinegar
- 2 tablespoons light sesame oil
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 1 teaspoon soy sauce
- 1/2 teaspoon cinnamon
- 2 tablespoons olive oil
- Salt, preferably sea or kosher, to taste
- Freshly ground black pepper to taste

Salad

- 1 medium cabbage, cored and thinly sliced (about 8 cups)
- 4 apples (any variety), cored, peeled and cut into matchsticks
- 3 medium carrots, peeled and coarsely grated (about 2 1/2 cups)
- 2 celery stalks, cut into matchsticks
- 4 ounces Cabot Extra Sharp Cheddar, grated (about 1 cup)
- 1/2 cup chopped toasted walnuts

To make dressing:

In blender, combine vinegar, sesame oil, honey, mustard, soy sauce and cinnamon; blend until smooth. While blender is running, slowly add olive oil. Season with salt and pepper.

To make salad:

In large bowl, combine all salad ingredients. Add enough dressing to coat salad well and toss together until well combined. Cover and refrigerate until serving time.

Nutrition Analysis: Calories 202, Total Fat 13g, Saturated Fat 3g, Sodium 142mg, Carbohydrates 17g, Dietary Fiber 4g, Protein 6g, Calcium 140mg
