



# Harvest of the Month

# DAIRY



## RECIPE: NO BAKE RICOTTA PEACH TART

YIELD: 50 INDIVIDUAL TARTS

All the wonderful flavors of a cobbler, but served cool and ready in no time. Use fresh peaches or other stone fruit if you have any, and of course local dairy!

### INGREDIENTS

- 6 quarts + 1 cup low-fat ricotta cheese
- 6 quarts + 1 cup low-fat vanilla yogurt
- 6 whole lemons
- 6 lb + 4 oz graham cracker Goldfish
- 6 quarts + 1 cup canned, diced peaches in juice

### PREPARATION

1. Combine ricotta cheese and yogurt. Blend together.
2. Zest all lemons and then juice. Add zest and juice to the ricotta/yogurt mixture and stir until blended.
3. Crumble the graham cracker goldfish.
4. In each clear clamshell, portion 2 oz. of graham cracker crumbs; top with 1 cup ricotta/yogurt mixture.
5. Finish by adding 1/2 cup diced peaches on top.
6. Hold for service at 41°F or less (CCP)

Adapted from: New England Dairy Council

### MEAL PATTERN CONTRIBUTION

- 2 oz meat/meat alternate
- 1/2 cup fruit
- 2oz grain



## RECIPE: CHEESE SAUCE

YIELD: 10 CUPS

This creamy cheese sauce is great for nachos or baked potatoes! It is easy to make and adds a nice flavor and texture to a variety of foods.

### INGREDIENTS

- 1 1/4 cup all-purpose flour
- 10 Tbsp unsalted butter
- 2 quarts low-fat milk
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 Tbsp paprika
- 2 tsp cumin
- 1 lb 10 oz shredded cheddar cheese
- 1 Tbsp salt

### PREPARATION

1. Heat butter until melted, then add flour. Whisk until a blonde roux is reached.
2. Whisk in milk until well combined. Bring to a simmer.
3. Once a thick bechamel sauce is achieved, whisk in cheese and seasoning.

Adapted from: Boulder Valley School District & Healthy School Recipes

### MEAL PATTERN CONTRIBUTION

- 1/2 oz meat/meat alternate

YIELD: 48 PARFAITS

## RECIPE: PBJ GREEK YOGURT PARFAIT

This parfait has layers of creamy peanut butter, delicious strawberries and Greek yogurt and is topped with granola and mini chocolate chips. Sweet flavors and crunchy textures make this parfait a favorite!

### INGREDIENTS

- 13 1/2 lb sliced, frozen strawberries
- 12 quarts plain greek yogurt
- 3 cups creamy peanut butter (or nut butter substitute)
- 1 cup honey
- 3 cups strawberry or grape jelly
- 6 lb granola
- 1 cup mini chocolate chips

### PREPARATION

1. Weigh frozen strawberries, and place in refrigerator overnight. Fruit is best partially thawed. Only thaw the amount needed for the recipe.
2. Divide yogurt evenly into two large mixing bowls.
3. In one large bowl, whisk peanut butter and honey with half of yogurt.
4. In the other large bowl, whisk jelly with the remaining half of yogurt.
5. Layer ingredients in a 20 oz. clear cup in the following order:
  - 4 oz. peanut butter flavored yogurt (no. 8 disher)
  - 1/2 cup strawberries (no. 8 disher)
  - 4 oz. jelly flavored yogurt (no. 8 disher)
6. Place 4 oz. insert in cup and fill with 2 oz. of school made granola. Add 1 tsp. mini chocolate chips to the granola.
7. Top with lid.



Adapted from: Healthy School Recipes



### MEAL PATTERN CONTRIBUTION

- 2 1/2 oz meat/meat alternate
- 2 oz grain
- 1/2 cup fruit

