

# Harvest of the Month

# DAIRY

## FUN FACTS

Dairy is a versatile category of foods most commonly referring to cow's milk and the many products derived from processing it in different ways—such as cheese, yogurt, butter, kefir, ice cream, sour cream, and more. In Maine, there are 221 dairy farms located in 15 counties—60 of them (27%) produce organic milk. There are over 30,000 cows in Maine making 71 million gallons of milk each year!

In the United States, dairy products come primarily from cows, sheep, and goats. In other countries around the world, people consume dairy products made from yak, buffalo, camel, horse, donkey, and reindeer milk.

SOURCES: Maine Dairy and Nutrition Council, FAO.org



Dairy contains essential vitamins and nutrients, including calcium, protein, vitamins A & D, and phosphorus.

## NUTRITION

## RECIPE: BERRY OVERNIGHT OATS

YIELD: 32 - 9oz SERVINGS

### INGREDIENTS

128 oz (16 cups) low-fat yogurt  
64 oz (8 cups) milk, low-fat or fat-free  
5 lbs (16 cups) berries, frozen, unsweetened  
32 oz (10 2/3 cups) oats, quick cooking, dry

### PREPARATION

1. Combine all ingredients in a large bowl. Stir to mix thoroughly. Cover and refrigerate several hours or overnight. Hold at 41 °F or lower.
2. Divide evenly between 32 - 9 oz cups and cover. Hold at 41 °F or lower.
3. Serve one 9 oz portion and hold no longer than 72 hours.

Adapted from recipe provided by Maine Dairy and Nutrition Council, developed in partnership with Land O'Lakes, General Mills, Midwest Dairy, and National Dairy Council



### MEAL PATTERN CONTRIBUTION

1 oz M/MA  
1 oz whole grain  
1/2 cup fruit

## RECIPE: MAC & TREES

YIELD: 50 - 1 cup SERVINGS

### INGREDIENTS

2 lb 8 oz broccoli, trimmed into 1/2-inch pieces	1 tsp ground black pepper
2 gallons water	12 oz (1 1/2 c) salted butter
3 Tbs + 1 tsp Kosher salt, divided	2 Tbs garlic powder
2 lb 10 oz (2 qt + 1 1/2 c) whole-wheat pasta	2 Tbs onion powder
1 gal + 1 qt low-fat milk	2 Tbs Worcestershire sauce
12 oz (2 1/4 c) all purpose flour	5 lb 4 oz shredded cheddar cheese
1 Tbs ground mustard seed	1 1/2 c grated parmesan cheese
1 Tbs paprika	

### PREPARATION

1. Preheat convection oven to 325°F or conventional oven to 350°F.
2. Bring water and 5 tsp salt to a boil in a large stockpot. Cook pasta for 5 minutes. Add the broccoli and cook until the pasta is slightly underdone, about 2 minutes more. Drain and transfer to a large bowl.
3. Warm milk in a large pot over low heat, Meanwhile, whisk together flour, the remaining 5 tsp salt, mustard, paprika and pepper in a large bowl.
4. Melt butter in a large stockpot over low heat. Increase heat to medium. Whisk in the flour mixture and cook, whisking constantly, for 2 minutes. Do not brown. Slowly whisk the warm milk into the flour mixture, whisking constantly. Cook, stirring, until the sauce is smooth and slightly thickened, about 7 minutes.
5. Stir in garlic powder, onion powder, Worcestershire sauce, cheddar and Parmesan. Cook, stirring, until the cheeses are melted, about 5 minutes. Remove from the heat.
6. Pour the sauce over the pasta and broccoli stir to combine. Divide between two 4-inch full hotel pans. Spray underside of sheets of foil with cooking spray and tightly cover the pans.
7. Bake in a convection oven for 25 minutes or conventional oven for 30 minutes.

Adapted from Vermont's New School Cuisine Cookbook

### MEAL PATTERN CONTRIBUTION

1.5 oz M/MA  
1 oz whole grain  
1/8 cup dark green vegetable

