PRESENTING

YOGURT

The Old World Favorite in
MODERN AMERICAN RECIPES

FITTN’ FOR CLIPPIN’
PRESENTING

YOGURT

The Old World Favorite

in

MODERN AMERICAN RECIPES

HOME ECONOMICS DEPARTMENT

american dairy association

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Someone once said that "a little knowledge is a dangerous thing."

That's certainly true of yogurt. Too many people thought they knew this tasty dairy product only as a go-together with molasses as promoted by a food faddist. This recipe booklet was developed to make you aware of this delicious food. Once you try a recipe, you'll eat your way to slimness and enjoy every bite of the way.

Cultured yogurt: a misunderstood product

As an ingredient, yogurt lends a refined, elegant flavor to anything, even chili (see page 15). Mixed with fruit, yogurt becomes a colorful, sweet fluff of a dessert. On its own, it's tart but smooth. Yet, of all the great American dairy products, till now yogurt has been the least known and the most likely to turn up in a comedy skit rather than on the supper table. How come?

Definitely not for faddists

Dr. Ilya Metchnikoff, a distinguished scientist, is credited with "rediscovering" yogurt around the turn of the century. Actually, the doctor made it sound terrible when he said, "Yogurt is good for you."

Suddenly yogurt became the rallying cry of food faddists, bulging executives, fading movie queens and Hindu monks. It was thought to cure everything from gastroenteritis to the common cold (what else?).
No wonder yogurt was ignored for so long. If only the learned Dr. Metchnikoff had first proclaimed, “Yogurt tastes so delicious” and then added the good-for-you bit. But science takes the fun out of lots of things. So smooth, tangy yogurt was dismissed for years as something for health zealots only.

At last this cloudy image is clearing. Yogurt is moving up where it belongs—next to its highly regarded cousin, sour cream. Yogurt, too, is smooth, elegant, good tasting and versatile. Similarly, many families serve yogurt plain, but they also have discovered its versatility when mixed with fruit, honey, preserves or used as an ingredient in a recipe.

In one respect yogurt is vastly different from sour cream: Because (hold on to your waistlines, gals) yogurt has only one-third the calories! And it has the kind of calories that convert to energy, instead of an extra half inch around the middle.

Yogurt is a cultured milk product usually made from fresh, partially skim milk, enriched by the addition of nonfat dry milk to which a special culture of lactic bacteria has been added. The nutritive value of yogurt is the same as the milk from which it is made.

But the big yogurt scoop is still taste. Cultured yogurt is *good* and it tastes good. Youngsters like it, teens dig it. And when mixed with other foods or ingredients, yogurt enhances flavor.

**Hints for cooking with yogurt**

- Spare the heat. Low temperatures and short heating times are best or, like sour cream, yogurt may separate. (This won’t hurt the flavor any, it might not make the food as attractive.)
- To prevent separation stabilize yogurt by adding a small amount of flour or cornstarch.
- Fold, do not stir yogurt into other ingredients and it will keep its consistency.
- For baking, use only $\frac{1}{2}$ teaspoon of baking soda for each cup of yogurt used.
Quickie hints for serving yogurt

Yogurt is a natural blender of spices, makes a good marinade and is the gourmet secret of many a successful sauce, gravy or stuffing. You can substitute yogurt for sour cream in salad dressings and even in slightly exotic dishes like beef stroganoff. When you use condensed cream soups for sauces, thin them to the desired consistency with yogurt. You'll like the new flavor it gives to the sauce. Yogurt fills in for buttermilk in biscuits and pancakes when thinned with about half again as much water. Fruit yogurt makes a yummy dressing for gelatin molds, fresh fruit and other salads. Try some pineapple yogurt over cole slaw—it's out of this world!

The wholesome truth

We had to get around to it sometime—as Dr. Metchnikoff discovered, cultured yogurt is, indeed, good for you. It's easy to digest and has the wholehearted endorsement of the medical profession as an excellent source of protein and calcium to supplement the daily milk requirement. Because of its low fat content, yogurt is a natural slimmer and a menu must for regular eating. In fact, yogurt has been called the "almost perfect food."

The new idea

We designed these recipes to expose you to the fantastic variety of ways to use and enjoy cultured yogurt. That's why you'll find some recipes that are homey, and some that are more opulent. They're all delicious and they're all for keeps—designed for easy clipping so you can file them away in your recipe box.
Spring Garden Dip

Yield: approx. 1 1/2 cups

In a small mixing bowl beat cottage cheese, blend in carrot, onion, green pepper, salt, garlic salt and pepper. Beat until fairly smooth. Fold in yogurt. Cover and chill. Use as a dip for chips or raw vegetables.

Nippy Dip

Yield: approx. 1 1/2 cups

In a small mixing bowl beat together cream and Blue cheeses until fairly smooth. Beat in yogurt, lemon juice and salt. Fold in nuts. Cover and chill.

Chili Dip

Yield: approx. 1 1/4 cups

In a small mixing bowl beat together cottage cheese and chili sauce until fairly smooth. Add seasoning mix, horseradish and salt. Fold in yogurt. Cover and chill.
Good Gouda Spread

Yield: approx. 1 2/3 cups

Allow cheese to come to room temperature. With cookie cutter cut wax from top of cheese; scoop out cheese leaving shell intact. In a small mixing bowl beat cheese and 1 tablespoon yogurt until smooth. Add remaining yogurt, then pimiento, green pepper, onion, seasoned and garlic salts. Spoon enough mixture into the reserved shell to fill and mound on top. If refrigerated allow to come to room temperature before serving. Cover and chill remaining mixture until needed. Serve as a spread for assorted crackers.

Cheese and Ham Spread

Yield: approx. 3 1/4 cups

In a large mixing bowl beat together cheese and ham until smooth. Add yogurt, onion and salt; continue beating until creamy. If refrigerated allow to come to room temperature before serving. Use as a spread for crackers or sandwiches.

Crab Meat Spread

Yield: approx. 1 1/4 cups

In a small bowl combine crab meat, horseradish and seasoned salt; fold in yogurt. Cover and chill. Use as a spread for crackers or sandwiches.
Cheese Ball

Yield: 3 cups

- 3 cups (12 oz.) shredded Cheddar cheese
- 1/2 cup crumbled Blue cheese
- 1/2 cup plain yogurt
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup minced ripe olives
- 1/2 cup chopped nuts
- 1/4 cup chopped parsley

In a small mixing bowl beat together Cheddar and Blue cheeses until smooth. Add yogurt and Worcestershire sauce and beat until creamy. Stir in olives. Cover and chill. Shape into ball and roll in nuts and parsley. Return to refrigerator. Allow to come to room temperature before serving.

Marinated Mushrooms

Yield: approx. 2 cups

- 4 cups water
- 2 tablespoons salt
- 1 tablespoon vinegar
- 1 pound fresh mushrooms
- 1/4 cup chopped onion
- 2 tablespoons chopped parsley
- 2 tablespoons lemon juice
- 1 tablespoon vinegar
- 2 teaspoons sugar
- 1/4 teaspoon leaf thyme
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper
- 3/4 cup plain yogurt

In a saucepan bring water, 2 tablespoons salt and 1 tablespoon vinegar to a boil; add mushrooms, cover; reduce heat and simmer about 10 minutes. Drain and cool slightly. Meanwhile in a bowl combine onion, parsley, lemon juice, 1 tablespoon vinegar, sugar, thyme, 1/4 teaspoon salt and pepper; fold in yogurt, then mushrooms. Cover and chill about 12 hours or overnight.
**Shrimp Stroganoff**  
*Pictured on page 11*

<table>
<thead>
<tr>
<th>Large skillet</th>
<th>4-6 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 tablespoons butter</td>
<td>In skillet melt butter; sauté onion and garlic until onion is tender. Stir in flour, salt and dill weed. Remove from heat; gradually stir in beef broth and mushrooms with liquid. Cook over medium heat, stirring constantly, until thickened. Add shrimp; heat over low heat 5-10 minutes. Stir in yogurt; heat to serving temperature. (Do not boil.) Serve over noodles or rice.</td>
</tr>
<tr>
<td>1/2 cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>1 small clove garlic, minced</td>
<td></td>
</tr>
<tr>
<td>1/4 cup regular all-purpose flour</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon dill weed</td>
<td></td>
</tr>
<tr>
<td>1 can (10 1/2 oz.) condensed beef broth</td>
<td></td>
</tr>
<tr>
<td>1 can (2 oz.) sliced mushrooms</td>
<td></td>
</tr>
<tr>
<td>2 cups cooked shrimp</td>
<td></td>
</tr>
<tr>
<td>1 cup plain yogurt at room temperature</td>
<td></td>
</tr>
<tr>
<td>Hot buttered noodles or rice</td>
<td></td>
</tr>
</tbody>
</table>

**Lobster Thermidor**

<table>
<thead>
<tr>
<th>Saucepan, 2-quart</th>
<th>4-6 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 packages (9-oz. each) frozen lobster tails</td>
<td>Cook lobster according to package directions; cut into 1/2-inch pieces. In saucepan melt butter; add celery and sauté 2-3 minutes. Add flour and salt. Remove from heat; gradually add milk. Return to heat and cook, stirring constantly, until thickened. Cook 2 additional minutes. Add small amount of hot mixture to egg; return all to saucepan. Cook 1 minute. Stir in yogurt, then lobster, mushrooms, lemon rind, mustard and cheese. Heat to serving temperature. (Do not boil.) Serve about 1/2-3/4 cup mixture over toast.</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td></td>
</tr>
<tr>
<td>1/4 cup finely chopped celery</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tablespoons flour</td>
<td></td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td></td>
</tr>
<tr>
<td>1/2 cup plain yogurt at room temperature</td>
<td></td>
</tr>
<tr>
<td>1 can (2 oz.) sliced mushrooms, drained</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon grated lemon rind</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon prepared mustard</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>Buttered toast</td>
<td></td>
</tr>
</tbody>
</table>
Halibut Parmesan

Preheated 350° oven
6 servings

In a bowl combine 1/4 cup yogurt with flour; fold in remaining yogurt, soup, cheese, lemon rind and salt. (Yield: approx. 2 1/2 cups sauce.) Place halibut in dish; pour sauce over. Bake 30-40 minutes or until fish flakes when tested with a fork. Sprinkle top with parsley.

Tuna Scalloped Potatoes

Preheated 350° oven
4-6 servings

In baking dish alternate layers of potatoes, onions and tuna. In a bowl combine soup, yogurt, flour and salt; pour over all. Bake 1 hour and 15-30 minutes or until potatoes are tender. Sprinkle cheese over top; return to oven 5-10 minutes.
### Saucy Salmon Steaks

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain yogurt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Tablespoons flour</td>
<td>1 1/2</td>
</tr>
<tr>
<td>Tablespoon grated onion</td>
<td>1</td>
</tr>
<tr>
<td>Teaspoons grated lemon rind</td>
<td>2</td>
</tr>
<tr>
<td>Teaspoon salt</td>
<td>1</td>
</tr>
<tr>
<td>Teaspoon paprika</td>
<td>1/4</td>
</tr>
<tr>
<td>Drops Tabasco sauce</td>
<td>4</td>
</tr>
<tr>
<td>Pounds salmon steaks</td>
<td>1 1/2</td>
</tr>
</tbody>
</table>

In a small bowl blend together yogurt, flour, onion, lemon rind, salt, paprika and Tabasco sauce. Place salmon steaks in dish; pour sauce over. Bake 20-30 minutes or until fish flakes easily with a fork.

### Crab Casserole

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uncooked regular rice</td>
<td>1 cup</td>
</tr>
<tr>
<td>Packages (6-oz. each) frozen king</td>
<td>2</td>
</tr>
<tr>
<td>tablespoons butter</td>
<td>2</td>
</tr>
<tr>
<td>Sliced celery</td>
<td>1/2</td>
</tr>
<tr>
<td>Chopped green pepper</td>
<td>1/4</td>
</tr>
<tr>
<td>Chopped onion</td>
<td>1/2</td>
</tr>
<tr>
<td>Can (10 1/2 oz.) condensed cream of mushroom soup</td>
<td>1</td>
</tr>
<tr>
<td>Cup (4 oz.) shredded Cheddar cheese</td>
<td>1</td>
</tr>
<tr>
<td>Plain yogurt</td>
<td>1/4</td>
</tr>
<tr>
<td>Cup chopped pimiento</td>
<td>1/4</td>
</tr>
<tr>
<td>Teaspoon salt</td>
<td>1/2</td>
</tr>
<tr>
<td>Teaspoon Worcestershire sauce</td>
<td>1/6</td>
</tr>
</tbody>
</table>

Cook rice according to package directions. Drain crab meat well; flake. In a large skillet melt butter; sauté celery, green pepper and onion 5 minutes. Remove from heat; stir in soup, cheese, yogurt, pimiento, salt and Worcestershire sauce. Layer rice and crab meat in baking dish; pour sauce over all. Bake 30 minutes.
Chili Casserole

Shallow baking dish, 2-quart

Preheated 350° oven

6-8 servings

In a large skillet melt butter; add beef, onion and garlic. Cook until beef is browned. Add cheese, enchilada sauce, beans, salt and chili powder. Place 2 cups corn chips in bottom of dish; set aside remaining corn chips. Spoon meat mixture on top of chips; bake 20 minutes. Place dollops of yogurt over meat, then remaining corn chips. Bake an additional 5-8 minutes.

Note: If using hot enchilada sauce chili powder may be omitted.

Dilly Lamb Stew

Large covered skillet

4-6 servings

In skillet melt butter; brown meat on all sides. Add salt, dill weed and water. Cover and simmer 1 hour or until meat is almost tender. Add potatoes, carrots and celery; simmer 30 additional minutes or until vegetables are tender. Meanwhile in a small bowl combine yogurt and flour. Remove meat and vegetables to warmed serving dish. Add yogurt mixture to liquid in skillet. Cook over low heat, stirring constantly, until thickened. Cook 2 additional minutes. Pour gravy over lamb and vegetables.
**Beef Kabobs**

In a shallow dish combine yogurt, onion, salt, chillies, Worcestershire and Tabasco sauces. Alternate meat and mushrooms on skewers. Place in marinade 3 or more hours. Broil 3-4 inches from heat, turning occasionally, for 10 minutes or until meat is desired degree of doneness.

*If using beef chuck, use high quality.*

**Veal Paprika**

In skillet fry bacon and onion until bacon is crisp; remove and set aside. Brown veal on both sides. Meanwhile in a small bowl combine yogurt, tomato sauce, flour, paprika, salt, bacon and onion; pour over veal. Cover; reduce heat to simmer and cook 25-35 minutes or until meat is tender. Stir sauce to combine.
**Ham and Noodle Bake**

1 package (8 oz.) medium noodles
1 pound cooked ham, cubed
(about 3 cups)
1 cup plain yogurt
1 cup cottage cheese
1 cup (4 oz.) shredded
Cheddar cheese
2 tablespoons pimiento strips
1 teaspoon caraway seed
1 teaspoon instant minced onion
3/4 teaspoon salt
1/4 teaspoon garlic powder

Cook noodles according to package directions; drain. In a large bowl combine noodles, ham, yogurt, cottage cheese, cheese, pimiento, caraway seed, onion, salt and garlic powder. Turn into casserole; bake 35-45 minutes.

**Spicy Chicken**

1 cup plain yogurt
1 1/2 teaspoons salt
1 small clove garlic, crushed
1/2 teaspoon ground cardamom
1/2 teaspoon chili powder
1/4 teaspoon cinnamon
1/4 teaspoon ginger
1 broiler-fryer chicken,
(2 1/2-3 lb.) quartered
2 teaspoons flour

In a small bowl combine yogurt, salt, garlic, cardamom, chili powder, cinnamon and ginger. In a shallow dish marinate chicken in yogurt mixture at least 4 hours or overnight. Place chicken skin side up in baking pan. Combine flour with marinade; spoon on chicken. Bake 1 1/4-1 1/2 hours or until tender, occasionally basting with marinade.
Frank-Mac Skillet

2 tablespoons butter
1 pound frankfurters, cut in 1-inch pieces
1/2 cup chopped onion
1/2 cup chopped green pepper
1 package (7 or 8 oz.) uncooked elbow macaroni
1 can (1 lb.) tomatoes
3/4 cup water
1 teaspoon chili powder
1 teaspoon salt
1 cup plain yogurt
2 teaspoons flour

In skillet melt butter; sauté frankfurters, onion and green pepper 5 minutes. Add macaroni, tomatoes, water, chili powder and salt. Cover and simmer 20 minutes, stirring occasionally. Meanwhile combine yogurt and flour. Stir into macaroni mixture; heat over low heat 5 additional minutes.

Scrambled Eggs

6 eggs
1/2 cup plain yogurt
1/2 teaspoon salt
2 tablespoons butter

In a bowl beat eggs, yogurt and salt just until blended. In skillet, over low heat, melt butter; add egg mixture. Turn portions of egg mixture with spatula as it begins to thicken; do not stir and do not overcook.

VARIATION

Substitute orange or mandarin orange yogurt for plain yogurt.
Two-Tone Salad Mold

Salad mold, 7-cup

ORANGE LAYER:
- 1 can (11 oz.) mandarin orange segments
- 1 package (3 oz.) orange flavor gelatin
- 1 cup boiling water
- ½ cup orange syrup
- ½ cup chopped celery
- ½ cup cottage cheese
- ½ cup plain yogurt

RASPBERRY LAYER:
- 1 package (10 oz.) frozen raspberries, thawed
- 1 package (3 oz.) raspberry flavor gelatin
- 1 cup boiling water
- ½ cup raspberry syrup
- ½ cup plain yogurt


Potato Salad

6 servings

DRESSING:
- 1 tablespoon prepared horseradish
- 1 teaspoon salt
- ½ teaspoon prepared mustard
- 1 cup plain yogurt

SALAD:
- 4 cups diced cooked potatoes
- ½ cup chopped celery
- ¼ cup chopped green pepper
- ¼ cup chopped onion
- 1 tablespoon chopped pimiento

To prepare Dressing: In a small bowl combine horseradish, salt and mustard; fold in yogurt.

To prepare Salad: In a medium bowl combine potatoes, celery, green pepper, onion and pimiento. Add dressing to salad and toss only until blended. Cover and chill.

VARIATIONS
Reduce potatoes to 3 cups and add to salad mixture 1 can (7 oz.) tuna, drained and broken into pieces OR 1 cup chopped cooked chicken.
**Lobster Salad Bowl**

**DRESSING:**
- ½ cup chili sauce
- 1 tablespoon chopped green onion
- 2 teaspoons tarragon vinegar
- 2 teaspoons lemon juice
- ½ teaspoon salt
- 1 ½ cups plain yogurt

**SALAD:**
- 1 small head lettuce, torn
- 6 ounces Swiss cheese, cut in strips
- 2 cups cut-up cooked lobster
- ¼ cup chopped parsley
- 2 tablespoons sliced green onions
- Hard-cooked egg slices
- Tomato wedges

To prepare Dressing: In a small bowl combine chili sauce, 1 tablespoon onion, vinegar, lemon juice and salt; fold in yogurt. Cover and chill.

To prepare Salad: In a salad bowl toss together lettuce, cheese, lobster, parsley and 2 tablespoons onions. Garnish with egg slices and tomato wedges. Serve dressing separately.

**Peachy Frozen Salad**

**2 Refrigerator trays OR Square pan, 8-inch**

1 can (1 lb.) cling peach slices
½ cup peach syrup
1 cup miniature marshmallows
1 package (8 oz.) cream cheese, softened
¼ cup sugar
¼ teaspoon salt
1 cup plain yogurt
1 can (1 lb.) dark sweet pitted cherries, drained

Drain peaches reserving ½ cup syrup. In a small saucepan combine peach syrup and marshmallows; heat over low heat, stirring occasionally, until marshmallows are melted; cool slightly. In a small mixing bowl beat cream cheese until smooth; gradually add sugar and salt and beat until light and fluffy. Add cooled marshmallow mixture to cream cheese and beat until combined. Fold in yogurt, then peaches and cherries. Turn into refrigerator trays. Freeze. Remove from freezer; allow to stand at room temperature about 1-1½ hours before serving.
Shrimp Stuffed Avocados

**DRESSING:**
- 3/4 teaspoon dill weed
- 1/2 teaspoon seasoned salt
- 3/4 cup plain yogurt

**SALAD:**
- 1 cup chopped cooked shrimp
- 1/2 cup chopped unpeeled cucumber
- 1/4 cup grated carrots
- 1/4 cup chopped celery
- 2 tablespoons sliced green onions
- 3 avocados, halved
- Lemon juice

To prepare Dressing: In a small bowl combine dill weed and seasoned salt; stir in yogurt. Cover and chill. To prepare Salad: In a bowl combine shrimp, cucumber, carrots, celery and green onions; add dressing and toss lightly. Dip cut surface of avocado halves in lemon juice. Spoon salad into avocado halves.

Avocado Mold

In a bowl pour boiling water over gelatin; stir until dissolved. Chill until partially set. Meanwhile, in a shallow dish mash avocado with lemon juice and salt. Fold avocado, yogurt, cottage cheese, orange and pecans into gelatin. Turn into mold. Chill until firm.

**VARIATION**
For an Avocado-Pineapple Mold substitute pineapple yogurt for plain yogurt.
Apple Caraway Slaw

DRESSING:
1 tablespoon vinegar
1 teaspoon caraway seed
1 teaspoon prepared mustard
1/2 teaspoon salt
1/8 teaspoon garlic salt
1 cup plain yogurt

SALAD:
1 1/2 cups chopped unpeeled apple
(1 medium)
Lemon juice
4 cups shredded cabbage
1/2 cup chopped celery

To prepare Dressing: In a small bowl combine vinegar, caraway seed, mustard, salt and garlic salt; fold in yogurt. Cover and chill. To prepare Salad: Dip apple in lemon juice. Before serving, lightly toss apple, cabbage and celery with dressing. Note: For added color use two cups shredded red cabbage and two cups shredded green cabbage.

Stuffed Tomatoes

DRESSING:
1/2 teaspoon salt
1/4 teaspoon leaf tarragon
1 cup plain yogurt

SALAD:
1 can (8 1/2 oz.) crushed pineapple, drained
1 1/2 cups diced cooked chicken
1/2 cup toasted slivered almonds
1/2 cup chopped celery
6 tomatoes

To prepare Dressing: In a small bowl combine salt and tarragon; stir in yogurt. Cover and chill. To prepare Salad: In a bowl combine pineapple, chicken, almonds and celery; chill. Add dressing and toss lightly. Fill tomatoes that have been partially cut into sections.

VARIATION
Use pineapple yogurt in place of plain yogurt. Omit crushed pineapple.
Year-Round Salad

8-10 servings

**DRESSING:**
- 1/2 teaspoon celery salt
- 1/2 teaspoon onion salt
- 1 cup plain yogurt

**SALAD:**
- 6 strips bacon, cooked and crumbled
- 1 medium head lettuce, torn
- 2 grapefruits, peeled and sectioned
- 2 oranges, peeled and sectioned
- 3/4 cup sliced radishes (about 12)

To prepare Dressing: In a small bowl combine celery and onion salts; stir in yogurt. Cover and chill. To prepare Salad: In a salad bowl toss together bacon, lettuce, grapefruit and orange sections and radishes. Top with dressing.

Cukes 'N' Gurt

6-8 servings

**DRESSING:**
- 2 tablespoons chopped parsley
- 3/4 teaspoon dill weed
- 1/8 teaspoon garlic salt
- 1 cup plain yogurt
- 2 unpeeled cucumbers, scored and thinly sliced (about 6 cups)
- 1 1/2 teaspoons salt
- Chopped parsley

To prepare Dressing: In a small bowl combine 2 tablespoons parsley, dill weed and garlic salt; fold in yogurt. Cover and chill. In a bowl sprinkle salt over cucumbers and toss. Chill 30-45 minutes, tossing occasionally. To serve: Drain cucumbers well; stir in yogurt dressing. Garnish with additional chopped parsley.
**Waldorf Salad**

**DRESSING:**
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon grated lemon rind
- ⅛-¼ teaspoon cinnamon
- 1 cup plain yogurt

**SALAD:**
- 3 1/2 cups chopped unpeeled red apples (2-3 apples)
- Lemon juice
- 1 cup chopped celery
- ¹⁄₂ cup chopped walnuts
- ¹⁄₂ cup seedless raisins

To prepare Dressing: In a small bowl mix together sugar, salt, lemon rind and cinnamon; fold in yogurt. To prepare Salad: Dip apples in lemon juice. In a medium bowl toss apples, celery, walnuts and raisins with dressing. Cover and chill.

**Thousand Island Dressing**

Yield: approx. 1¼ cups

- 2 tablespoons chili sauce
- 2 tablespoons pickle relish
- 1 tablespoon finely chopped onion
- 1 teaspoon vinegar
- 1 teaspoon prepared mustard
- ½ teaspoon salt
- 1 cup plain yogurt

In a bowl blend together chili sauce, relish, onion, vinegar, mustard and salt; fold in yogurt. Cover and chill. Use as a dressing for tossed salads.

**Blue Cheese Dressing**

Yield: approx. 1 cup

- ¼ cup crumbled Blue cheese
- 1 teaspoon vinegar
- ½ teaspoon sugar
- ¼ teaspoon salt
- 1 cup plain yogurt

In a small bowl mash cheese with a fork. Mix in vinegar, sugar and salt; fold in yogurt. Cover and chill. Use as a dressing for tossed salads.
Sesame Citrus Dressing

Yield: approx. 1 cup

2 tablespoons toasted sesame seed
2 tablespoons honey
1 teaspoon grated orange rind
1 teaspoon grated lemon rind
1/8 teaspoon salt
1 cup plain yogurt

In a small bowl blend together sesame seed, honey, orange and lemon rinds and salt; fold in yogurt. Cover and chill. Use as a dressing for fruit salads.

VARIATION
For a Sesame Orange Dressing substitute orange or mandarin orange yogurt for plain yogurt.

Maple Nut Dressing

Yield: approx. 1 1/4 cups

1 cup plain yogurt
3 tablespoons maple-blended syrup
1/4 cup chopped walnuts

In a small bowl combine yogurt and syrup; fold in nuts. Cover and chill. Use as a dressing for fruit salads.

Diet Gourmet Dressing

Yield: approx. 2 cups

1 cup cottage cheese
2 teaspoons tarragon vinegar
1 teaspoon salt
1/2 teaspoon salad herbs, crushed
Dash of garlic powder
Dash of onion powder
1 cup plain yogurt

In a small mixing bowl beat cottage cheese until fairly smooth; add vinegar, salt, salad herbs, garlic and onion powders; mix thoroughly. Fold in yogurt. Cover and chill to blend flavors. Use as a dressing for tossed salads. Keeps well in covered container in refrigerator for several days.

Tangy Vegetable Dressing

Yield: approx. 1 cup

1 tablespoon vinegar
1 teaspoon prepared mustard
1/2 teaspoon seasoned salt
1/2 teaspoon sugar
1 cup plain yogurt

In a small bowl combine vinegar, mustard, seasoned salt and sugar; fold in yogurt. Cover and chill. Use as a dressing for chilled, cooked vegetable salad.
Orange Chiffon Pie

* Pictured on page 27

**Pie plate, 9-inch**

**CRUMB CRUST:**
1 1/3 cups vanilla wafer crumbs
   (about 35 vanilla wafers)
1/4 cup (1/2 stick) butter, melted

**FILLING:**
2 tablespoons (2 envelopes)
   unflavored gelatin
1/2 cup sugar
1 cup water
2 cups plain yogurt
1 can (6 oz.) frozen concentrated orange juice, thawed
2 egg whites
2 tablespoons sugar
Toasted coconut

*To prepare Crust:* Combine crumbs and butter. Press mixture firmly and evenly against bottom and sides of pie plate building up around rim. Chill. *To prepare Filling:* In a 1-quart saucepan combine gelatin and 1/2 cup sugar; add water. Heat over low heat, stir occasionally, until gelatin is dissolved. In a bowl gradually add orange juice to yogurt; stir in gelatin mixture. Chill until partially set. Beat egg whites until frothy; gradually add 2 tablespoons sugar and beat until stiff. Fold into orange mixture. Chill until mixture mounds; turn into crust. Chill until firm. Garnish with toasted coconut.

Lime Pie

**Pie plate, 9-inch**

**CRUST:**
1 1/3 cups graham cracker crumbs (16 squares)
2 tablespoons sugar
1/4 cup (1/2 stick) butter, melted

**FILLING:**
1 package (3 oz.) lime flavor gelatin
1 cup boiling water
1 package (8 oz.) cream cheese
1 cup plain yogurt
Grated semi-sweet chocolate

*To prepare Crust:* In a small bowl combine crumbs and sugar; stir in butter. Press mixture firmly and evenly on bottom and sides of pie plate, building up slightly around rim. Chill. *To prepare Filling:* In a small bowl pour boiling water over gelatin; stir until dissolved. In a small mixing bowl beat cheese until fluffy; gradually add dissolved gelatin. Chill until partially set. Fold in yogurt. Pour into crust and chill until firm. Garnish with grated chocolate.
Baked Strawberry Pudding Cake

Buttered square cake pan, 8-inch

Preheated 350° oven

8-9 servings

1 pint strawberries, hulled
¼ cup sugar
6 tablespoons (¾ stick) butter
½ cup sugar
1 egg
1¾ cups sifted regular all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
¼ teaspoon mace
¼ cup milk
½ cup plain yogurt
Sweetened whipped cream

If strawberries are extra large, cut in half. Cover strawberries with ¼ cup sugar and allow to stand at room temperature for 1 hour to form juice. In a small mixing bowl cream butter; gradually add ½ cup sugar and beat until light and fluffy. Beat in egg. Sift together flour, soda, salt and mace; add to creamed mixture alternately with milk; then yogurt, beginning and ending with dry ingredients. Turn into pan. Spoon berries and juice over top. Bake 30-40 minutes. Serve warm with sweetened whipped cream or ice cream.

Rhubarb-Peach Cobbler

Shallow casserole, 2-quart

Preheated 400° oven

8-10 servings

1 can (1 lb. 14 oz.) sliced peaches
½ cup sugar
3 tablespoons cornstarch
1 cup peach syrup
3 cups fresh rhubarb, cut in ¾-inch pieces
Light cream OR half and half

Drain peaches reserving 1 cup syrup. In a 2-quart saucepan combine sugar and cornstarch; gradually add syrup, then add rhubarb. Cook over medium heat, stirring constantly, until mixture boils. Cook 2 additional minutes. Add peaches and return to boil. Turn into casserole. Prepare Yogurt Drop Biscuits (pg. 30). Drop by spoonfuls over top of fruit. Bake 25-30 minutes. Serve warm with light cream.
Strawberry Shortcake

1 1/2 cups regular all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup (1/2 stick) butter
3/4 cup plain yogurt
1 quart strawberries, sliced and sweetened
Sweetened whipped cream

In a bowl sift together flour, sugar, baking powder, soda and salt. Cut in butter until mixture resembles coarse meal. Add yogurt all at once; stir just until dough clings together. On lightly floured surface knead lightly. Pat or roll about 1/2-inch thick. Cut out biscuits with floured 3-inch biscuit cutter. Place on baking sheet; brush tops with water. Bake 10-15 minutes. To serve: Split shortcakes; spoon strawberries in middle and on top. Spoon on whipped cream.

VARIATION
Drop Biscuits: Increase yogurt to 1 cup. Omit kneading and drop by heaping tablespoonfuls onto baking sheet dividing into six portions. Bake and serve as above.

Custard Pear Squares

1/4 cup (1/2 stick) butter
1/4 cup firmly packed light brown sugar
1 egg
1/2 teaspoon vanilla
1 cup regular all-purpose flour

2 eggs, beaten
1 cup plain yogurt
1/2 cup sugar
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/4 cup chopped nuts
1 can (1 lb.) pear halves, drained and sliced

To prepare Bottom Layer: In a small mixing bowl cream butter; add sugar and beat until light and fluffy. Beat in egg and vanilla. Gradually add flour and mix until blended. Spread evenly into pan. Bake 15 minutes. To prepare Custard Layer: Meanwhile in a small mixing bowl thoroughly mix eggs, yogurt, sugar, nutmeg and ginger; add nuts. Arrange pear slices on baked bottom layer; pour custard over pears. Bake 45-50 minutes or until knife inserted near center in custard layer comes out clean. Serve warm.
Yellow Cake

Generously butter bottoms of pans and dust with flour. In a mixing bowl cream butter; gradually add sugar and beat until light and fluffy. Beat in eggs one at a time. Add vanilla. Sift together flour, soda and salt; add to creamed mixture alternately with milk; then yogurt, beginning and ending with dry ingredients. Divide evenly into pans. Bake 30-35 minutes. Cool in pans on wire racks 5 minutes. Turn onto racks and cool completely. Fill and frost with Whipped Strawberry Frosting (page 32).

Chocolate Cake and Glaze

To prepare Cake: Generously butter bottom of pan; dust with flour. In a 1-quart saucepan over low heat, melt chocolate in water stirring constantly. Cool. Stir in yogurt; set aside. In a mixing bowl cream butter; gradually add sugars and beat until light and fluffy. Beat in eggs one at a time. Add vanilla. Sift together flour, soda and salt. Add to creamed mixture alternately with yogurt mixture beginning and ending with dry ingredients. Turn into pan; bake 35-40 minutes. To prepare Glaze: In a 1-quart saucepan over low heat, stirring constantly, melt chocolate pieces. Remove from heat; stir in yogurt. Cool. Spread on top of cake. Note: To make two 9-inch round layers; bake 30-35 minutes.
Whipped Strawberry Frosting

- 1/2 teaspoon unflavored gelatin
- 1/4 cup cold water
- 1 cup whipping cream
- 1 tablespoon confectioners sugar
- 1 teaspoon vanilla
- 1 cup strawberry yogurt

In a small saucepan sprinkle gelatin over water to soften; heat over low heat, stirring constantly, until gelatin is dissolved. Cool to room temperature. In a chilled bowl with chilled beaters whip cream until soft peaks form, beat in sugar and vanilla. Fold in yogurt; then gradually fold in gelatin mixture. Sufficient to fill and frost a two layer 8 or 9-inch round cake. Chill until serving time.

Cherry Crepes

**CHERRY SAUCE:**
- 1 can (1 lb.) dark cherries
- 1/4 cup sugar
- 1 tablespoon cornstarch
- 1/2 teaspoon mace
- 1/8 teaspoon cinnamon
- 1 cup cherry syrup
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice

**CREPES:**
- 3 eggs, beaten
- 1/2 cup milk
- 1/2 cup buttermilk pancake mix
- 1/4 teaspoon mace
- 1/4 teaspoon cinnamon
- Butter
- Plain yogurt

To prepare Sauce: Drain cherries. Add water to syrup to make 1 cup. Combine sugar, cornstarch, mace and cinnamon; add syrup. Cook, stirring constantly, until thickened. Stir in rind and juice. Add cherries; heat. To prepare Crepes: Combine eggs and milk; add pancake mix, mace and cinnamon; beat with rotary beater until smooth. Heat skillet; add small amount of butter. Pour in 1 tablespoon batter; immediately tilt skillet to coat bottom evenly. Bake on each side. Repeat using additional butter when necessary. Fold crepes in quarters. Place in pan; heat in oven about 5 minutes. To Serve: Top 3 or 4 crepes with Sauce, then yogurt.
Creamy Fruit Mold

Mold, 4-cup

6-8 servings

To prepare Mold: In a 1 1/2-quart saucepan combine gelatin and sugar; add pineapple juice. Heat over low heat, stirring constantly, until gelatin is dissolved. Chill until partially set. Fold in oranges, cherries, almonds and coconut, then yogurt. Turn into mold. Chill until firm. Unmold and serve with sauce. To prepare Sauce: In a 1-quart saucepan gradually add pineapple juice to cornstarch; add cherry syrup. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Add cherries. Cool. Yield: approx. 1 1/2 cups.

VARIATION
Use cherry yogurt in place of plain yogurt.

Chocolate Chip Cream Cookies

Buttered baking sheets

Preheated 375° oven

Yield: 7-8 dozen

In a mixing bowl cream butter; gradually add sugar and beat until light and fluffy. Beat in eggs and vanilla. Sift together flour, soda, baking powder and salt; add to creamed mixture alternately with yogurt, beginning and ending with dry ingredients. Stir in chocolate pieces and nuts. Drop by rounded teaspoonfuls onto baking sheet. Bake 10-12 minutes. Remove immediately to wire rack to cool.
**Dessert Cream**

5 Individual molds, 4-ounces each

1 tablespoon (1 envelope) unflavored gelatin
1 1/4 cups milk
1/2 cup sugar
1/2 teaspoon vanilla
1 cup plain yogurt

CHERRY SAUCE:
1 can (1 lb.) red sour pitted cherries in water pack
1/4 cup sugar
1 tablespoon cornstarch
1/2 cup cherry juice
1/4 cup sugar
1 tablespoon butter
1/4 teaspoon Angostura bitters
Red food color

In a 1-cup saucepan soften gelatin in 1/2 cup milk. Over low heat, stir constantly until gelatin is dissolved. Add remaining 3/4 cup milk, sugar and vanilla; stir until sugar is dissolved. Chill until partially set. Fold in yogurt. Turn into mold; chill until firm. **To prepare Sauce:** Drain cherries reserving 1/2 cup juice. Combine 1/4 cup sugar and cornstarch; gradually stir in juice. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Remove from heat. Stir in 1/4 cup sugar, butter and bitters until sugar is dissolved and butter melted. Add cherries, then food color. Allow to stand at least 1 hour to blend flavors. Serve over Dessert Cream.

**Yogurt Ambrosia**

6-8 servings

2 tablespoons honey
1 tablespoon lemon juice
2 oranges, peeled and sectioned
1 red apple, unpeeled and diced
1 banana, sliced
1 pear, unpeeled and diced
1 can (3 1/2 oz.) flaked coconut
1 cup plain yogurt

In a bowl combine honey and lemon juice. Add oranges, apple, banana, pear and coconut; toss gently to coat fruit. Chill. Just before serving add yogurt and toss. Serve immediately.

**VARIATION**
Use your favorite fruit flavored yogurt as a substitute for plain yogurt.
DRESSING UP PLAIN YOGURT FOR DESSERTS

Sprinkle brown sugar over plain yogurt.

Drizzle honey over plain yogurt, (2 tablespoons honey to each cup yogurt).

Stir 1 tablespoon sugar and ¼ teaspoon cinnamon into 1 cup plain yogurt.

Combine 2 tablespoons chopped nuts, 1 tablespoon brown sugar, ¼ teaspoon cinnamon and ¼ teaspoon nutmeg. Sprinkle over plain yogurt. Sufficient mixture for 1 cup yogurt.

Soak ½ cup light seedless raisins in 1 cup boiling water for 5 minutes; drain. In a bowl combine raisins, ¼ teaspoon grated orange rind and ¼ cup orange juice, two tablespoons honey and ¼ teaspoon cinnamon. Allow to stand at least one hour to blend flavors. Serve over plain yogurt. Yield: ½ cup.

ADDED FLINGS WITH FRUIT FLAVORED YOGURT

Place canned or fresh peach half in dessert dish. Top with prune whip yogurt and sprinkle with brown sugar.

Top sliced bananas with blueberry yogurt and sprinkle with flaked coconut.

Top Dutch spiced apple yogurt with maple-blended syrup.

Stir 2 tablespoons honey into 1 cup boysenberry yogurt. Pour over hot buttermilk pancakes. Note: Other fruit flavored yogurt may be used in place of boysenberry yogurt.

To be Served Over Fruit or as a Fruit Salad Dressing

Stir 2 tablespoons chopped nuts into 1 cup cherry yogurt.

Stir ¼ teaspoon cinnamon and ¼ teaspoon nutmeg into 1 cup orange yogurt.

In chilled bowl with chilled beaters whip ½ cup whipping cream; fold in ½ cup strawberry yogurt. Makes 1½ cups dressing.

Stir ⅛ teaspoon curry powder into 1 cup pineapple yogurt.