



# Yogurt

## 5 WAYS

MOVE TO LOW-FAT OR FAT-FREE DAIRY!

### Red Potato Salad

- + Plain yogurt (fat-free)
- + Mayonnaise (low-fat)
- + Yellow mustard
- + Red potatoes
- + Celery
- + Onion
- + Salt & pepper



### Strawberry Kiwi Pops

- + Vanilla yogurt (low-fat)
- + Kiwi
- + Strawberries
- + Ice cube tray or paper cups

### Cucumber Yogurt Dip

- + Plain yogurt (low-fat)
- + Cucumbers
- + Sour cream (low-fat)
- + Lemon juice
- + Dill
- + Garlic clove
- + Cherry tomatoes
- + Broccoli florets
- + Baby carrots



### Greek Salad with Chicken

- + Romaine lettuce
- + Cherry tomatoes
- + Cucumber
- + Red onion
- + Black olives
- + Cooked chicken breast
- + Feta cheese
- + Plain Greek yogurt (fat-free)
- + Lemon juice
- + Olive oil
- + Garlic clove
- + Oregano
- + Salt & pepper

### Peanut Butter Banana Smoothie

- + Bananas (frozen, ripe)
- + Milk (low-fat)
- + Vanilla yogurt (low-fat)
- + Peanut butter
- + Unsweetened cocoa powder
- + Ice



Find these yogurt recipes here: <https://go.usa.gov/xN5tQ>  
For more recipes go to: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

What's Cooking?  
USDA MIXING BOWL

