

Yogurt recipes add balance to life.

Not Your Grandma's Ambrosia

Ingredients

Serves 4

- 1/2 cup sweetened shaved coconut
- 1 10.5-ounce can mandarin oranges packed in juice, drained
- 1 ripe banana, sliced
- 1 cup strawberries, sliced
- 1 cup mango, diced (about 1 medium fresh mango) or substitute apple
- 1 cup fat-free vanilla yogurt



Preparation

Preheat oven to 350°F. Spread coconut onto baking sheet and bake until golden and toasted, about 6 minutes. Set aside to cool.

In a medium bowl, combine fruit and stir to distribute evenly. Divide fruit into each of 4 serving dishes. Top each with 1/4 cup vanilla yogurt and sprinkle with toasted coconut.

Prep time: 20 minutes total

Nutrition Information

Per serving: 179 calories, 3 g total fat, 3 g saturated fat, 78 mg sodium, 35 g carbohydrates, 4 g fiber, 4 g protein, 129 mg calcium

Chicken Pesto Pasta

Serves 4

Ingredients

- 8 ounces penne pasta (4 cups cooked)
- 1 teaspoon vegetable oil
- 3/4 pound chicken, cut into chunks
- 1 large tomato, cubed
- 1-2 tablespoons prepared pesto or ranch dressing mix
- 1 cup plain fat-free yogurt
- 1/4 cup Parmesan cheese, grated



Preparation

Cook pasta according to package directions.

Heat a large non-stick skillet over medium heat, add oil and chicken. Saute chicken until golden brown. Add tomato and heat through. Remove from heat.

In a small mixing bowl, stir pesto or ranch dressing mix into yogurt to make the sauce. Add sauce and cooked pasta to the skillet with the chicken and stir. Heat over medium until warmed through.

Top with Parmesan cheese and serve.

Prep time: 10 minutes Cook time: 15 minutes

Nutrition Information

Per serving: 385 calories, 6 g total fat, 2 g saturated fat, 200 mg sodium, 50 g carbohydrates, 3 g fiber, 33 g protein, 180 mg calcium

Lemon Velvet Smoothie

Serves 4

Ingredients:

- 6 ounces frozen orange juice concentrate
- 1 cup (8 ounces) lowfat lemon yogurt
- 2 1/2 cups nonfat milk
- 1 teaspoon vanilla



Preparation

Add ingredients to blender. Mix until smooth and frothy.

Nutrition Information

Per 8 ounce serving: 160 calories, 1 g total fat, 120 mg sodium, 28 g carbohydrates, 9 g protein, 244 mg calcium