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YOGURT POPPY SEED DRESSING

1 garlic clove
3/4 cup plain yogurt (whole-milk or low-fat)
2 tablespoons water
1 teaspoon poppy seeds
3/4 teaspoon mild honey
1/2 teaspoon salt

Mince garlic, then mash to a paste with a pinch of salt using a heavy knife. Add 3/4 teaspoon garlic paste (or to taste) to a bowl with remaining ingredients and whisk until smooth. Let dressing stand about 1 hour to allow flavors to develop.

Makes about 1 cup.

Gourmet
[Last Touch](#)
April 2005

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COOKS.COM RECIPE SEARCH

LOW FAT CHICKEN SALAD

Printed from **COOKS.COM**

1/2 c. plain non-fat yogurt
1 tbsp. fat-free mayonnaise
1 tsp. sugar
1/2 tsp. curry powder
1/8 tsp. salt
2 tsp. lemon juice
1 1/2 tsp. Dijon mustard
Dash pepper
2 c. diced, cooked chicken breasts
2/3 c. red delicious apple, diced, unpeeled
1/3 c. diagonally sliced celery
Mix all of above ingredients together and mix well. Serve in pita.

Yogurt / Fruit Smoothie

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Beverages

Amount	Measure	Ingredient -- Preparation Method
1	c	Berry flavored lowfat -yogurt
1		Ripe banana
1	c	Berry flavored juice
1/2	c	Crushed ice

One of several tasty ideas to make getting enough calories and protein easy. They are a great way to get the nutrition you need even when you're not feeling well.

Mix in blender. Approximately 230 calories, 4 gm. protein per cup.
Low
Lactose, low fat.

Source: Handout from Oncology dietitian == Courtesy of Dale & Gail Shipp, Columbia Md. == March 1995

Great things happening at The Cooking Information Center and Recipe Exchange Group (REG) <http://home.inreach.com/sherilyn/cic.htm>

* Exported from MasterCook II *

Blueberry Frozen Yogurt

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient -- Preparation Method
2	Cups	blueberries -- washed and picked ov
1		banana -- mashed
3/4	Cup	sugar
1/2	C.	frozen orange juice concentrate -- thawed
2	Cups	nonfat yogurt
1	Tsp.	vanilla extract

In an electric blender or food processor, combine all ingredients. Blend well. Pour into ice cream maker and freeze according to manufacturer's instructions.

Defrost slightly before serving.

Making Yogurt Without a Yogurt Maker

Instructions

Here are Phyllis Hobson's techniques for making yogurt if you do not have an appliance designed for it.

With a thermos

Almost fill a thermos bottle (preferably widemouthed) with milk heated to 100 degrees F. Add 2 tablespoons of plain yogurt and mix thoroughly. Put the lid on and wrap the thermos in two or three terry towels. Set it in a warm, draft-free place overnight.

In an oven

Pour 1 quart of milk into a casserole dish and add 3 tablespoons of plain yogurt. Stir well and cover the casserole. Place in a warm (100 degree F.) oven with the heat off. Let it sit overnight.

On a heating pad

Mix 1 quart of milk and 3 tablespoons of plain yogurt. Set an electric heating pad at medium temperature and place in the bottom of a cardboard box with a lid. (A large shoebox works well.) Fill small plastic containers with the milk-yogurt mixture; put on the lids. Wrap a heating pad around the containers, then cover with towels to fill the box and let sit, undisturbed, for 5 to 6 hours.

In the sun

Pour 1 quart warmed milk into a glass-lidded bowl or casserole. Add 3 tablespoons plain yogurt and cover with the glass lid or a clear glass pie pan. Place in the sun on a warm (not too hot) summer day and let sit 4 to 5 hours. Watch it to make sure it is not shaded as the sun moves.

On the back of a wood-stove

Many grandmothers made clabber by setting a bowl of freshly drawn milk on the back of the stove after supper. Make yogurt this way by adding 1 cup starter to 2 quarts milk and let it sit, loosely covered with a dish towel, on the back of the cooling wood range overnight.

In a Crock-Pot

Preheat a Crock-Pot on low for about 15 minutes, until it feels very warm to the fingertips. Put covered containers of yogurt mixture into the Crock-Pot, cover it, and turn off the heat. At 35- to 45-minute intervals, heat the Crock-Pot on low for 10 to 15 minutes.