



 Create a Mediterranean dip by adding garlic, herbs, lemon juice and a small amount of olive oil.

 For a South-of-the-Border dip, mix yogurt cheese with garlic, chili peppers, lime juice and cilantro.


### Toppings


 Add chives or green onions to yogurt cheese for a low-fat potato topping.

 Make yogurt cheese from vanilla yogurt and use in place of whipped cream.

 Flavor yogurt cheese with a bit of vanilla or maple extract, grated orange rind or honey. Use to top pancakes, waffles or muffins.

### Breakfast Ideas

 Layer lemon or plain yogurt cheese with low-fat granola and berries in a parfait glass for a breakfast sundae.

 Make easy, creamy blintzes by rolling up the yogurt cheese in pancakes and adding sliced fruit.



*Better every day™*



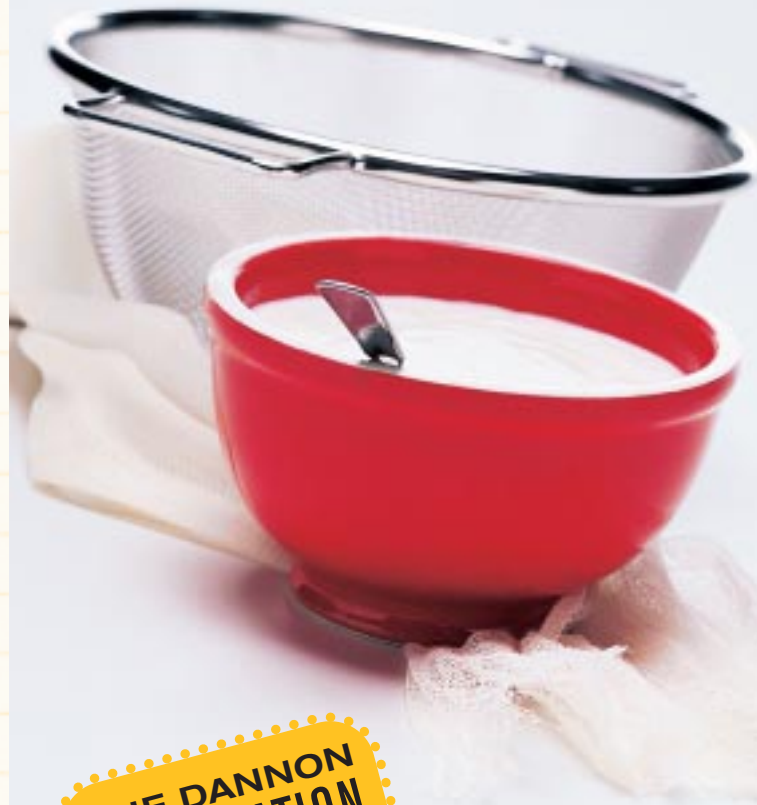
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ABOUT



YOGURT  
CHEESE



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# WHAT IS YOGURT CHEESE?



**Yogurt cheese is a creamy, soft, spreadable cheese made by separating the liquid (whey) portion from yogurt. You can use it on bagels and breads in place of cream cheese, or in dips that call for mayonnaise or sour cream. ♥ Yogurt cheese made with nonfat or lowfat yogurt is tasty and much lower in fat and calories than regular cream cheese or sour cream. For example, one tablespoon of yogurt cheese made with nonfat plain yogurt contains only 10 calories and has no fat or cholesterol. The following chart makes it easy to see how yogurt cheese is the clear nutrition winner.**

## NUTRITION INFORMATION PER TABLESPOON

	CALORIES	FAT	CHOLESTEROL
Yogurt Cheese (made from plain nonfat yogurt)	10	0 g	0 mg
Yogurt Cheese (made from plain lowfat yogurt)	20	<.5 g	<5 mg
Cream Cheese*	50	5 g	15 mg
Sour Cream*	25	3 g	5 mg
Mayonnaise*	100	11 g	50 mg

\* Source: USDA Handbook 8.

## Making Yogurt Cheese

Yogurt cheese is easy to make. You can use plain lowfat or nonfat yogurt, or lowfat, vanilla, coffee or lemon flavored yogurt. However, you should **not** use

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a yogurt that contains gelatin. The gelatin will prevent the whey from separating.


Start by emptying two cups of yogurt into a large, fine-meshed strainer or colander lined with a double thickness of cheesecloth, a few plain white paper towels or a coffee filter. Place a bowl under the strainer to catch the liquid (whey) that will separate from the yogurt. Cover the strainer or colander and refrigerate for 8-24 hours; the longer the yogurt is allowed to sit, the thicker the cheese will become. Two cups of yogurt make about 1 cup of yogurt cheese.

## Uses For Yogurt Cheese


*Yogurt cheese made with nonfat or lowfat yogurt is a delicious alternative to regular cream cheese, sour cream, mayonnaise, or even whipped cream. Here are some suggestions to get you started - feel free to come up with your own ideas.*

## Spreads

 Mix 1 cup yogurt cheese with 1/4 cup grated Parmesan cheese. Add 2 tablespoons sesame seeds and 1/4 teaspoon garlic salt. Spread mixture generously on slices of French bread and broil 3-4 minutes or until lightly brown.

 Add 1/2 cup fruit, such as crushed pineapple or strawberries, or 1/3 cup no-sugar fruit preserves into 1 cup yogurt cheese and use as a topping for desserts, muffins, toast or quick breads.

## Dips

 Combine 2 cups of yogurt cheese with 1 envelope (2.5 ounces) onion soup mix. Cover and chill 1-2 hours to blend flavors. Serve as a dip for crisp raw vegetables, crackers or crunchy bread sticks.