



Fuel Up
with Florida
Dairy Recipes



The Legacy of Milk

Florida's dairy farmers are proud of their farms and way of life. The Sunshine State is home to more than 130 dairy farming families, stretching from the Panhandle down to South Florida. With around 125,000 cows producing more than 300 million gallons of milk each year, our farmers produce more milk than any other state in the Southeast. Florida ranks 19th in production nationwide.

Our farmers take pride in the nutritious food they provide for families across Florida, and they feel a deep responsibility to protect the natural resources where they live and work. In fact, almost all of our farms are family owned and operated by second and third-generation dairy farmers.

In many cases, the men and women who today run the farm were raised there, learning the business from their moms and dads. In turn, they are teaching their sons and daughters what it takes to be a dairy farmer.

Love of the land. Love of the cows. Love of life. Those are but a few of the qualities to be embraced and passed along.

Working hard for something you believe in and sticking with a job until it's done right becomes second nature. And for Florida's dairy farmers, that job is producing a safe and fresh supply of the world's most perfect food: milk.

DID YOU KNOW?

There are more than 125,000 dairy cows in Florida that produce about 300 million gallons of milk each year.



MILK: THE “IT” INGREDIENT

Products made from milk are a huge part of America's foodie culture, from eggnog at the holidays to lattes that help jump-start the morning. If we think about it, some of our most-loved foods would be nothing without their star ingredient.

► A few of our favorites:

- Yogurt
- Cheddar Cheese
- Swiss Cheese
- Mozzarella
- String Cheese
- Butter
- Ice Cream
- Hot Chocolate
- Smoothies or Licuados
- Custard or Flan
- Gelato
- Milk Shakes
- Frozen Yogurt
- Pudding
- Cream Soups
- Macaroni & Cheese
- Lasagna
- Enchiladas
- Arroz con Leche





Throughout the months of April and May, the Dairy Council of Florida rallied elementary and middle school-aged students during the 3rd Annual **Gridiron Cooking Challenge**, a fun-filled food competition that challenged the Jacksonville, Miami, and Tampa areas to create dairy-inspired recipes featuring milk, yogurt, and/or cheese. The three competitions were hosted at the local NFL facilities, drawing more than 400 competitors, judges, and attendees from throughout the state.

Four finalist schools were selected to compete at each location. They prepared their recipes in under 60 minutes for a panel of judges for a chance to win the championship title, an equipment prize pack for their school, Publix Aprons cooking classes, and other prizes. This recipe book includes all the final recipes from each market.

The best way to keep kids interested and entertained while cooking is with hands-on, kid-friendly recipes. What's better than recipes created by other kids?

For information on the next Gridiron Cooking Challenge, visit FloridaMilk.com or [Facebook.com/FloridaFUTP60](https://www.facebook.com/FloridaFUTP60)



When it comes to nutrition, milk delivers!

White or flavored, milk is a tasty way for kids, teens, and adults to get 9 essential nutrients including calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin equivalents.

Small amounts of added sugars that are in chocolate milk are a worthwhile trade-off for all of the nutrients milk provides.





GRIDIRON

WINNING RECIPE



Serving Instructions:

Plate with bottom layer of cheesy polenta topped with sausage ragu. Top with shredded cheddar, a dollop of sour cream, salsa, cilantro and avocado. Squeeze with lime and serve.

Cheesy Polenta with Southwestern Ragu

Created by Everglades Elementary

Makes 8 servings

Ingredients:

1 C	chicken broth
2 C	milk
1 C	coarse yellow corn meal
4 T	cream cheese
1 C	cheddar cheese
1 C	frozen corn

Directions:

1. Bring chicken broth and milk to a boil over low heat. Remove from heat and whisk in corn meal.
2. Reduce heat and cook 5-10 minutes. Add cream cheese, cheddar cheese, and corn. Stir and heat through. Remove from heat.

Southwestern Ragu (Ingredients):

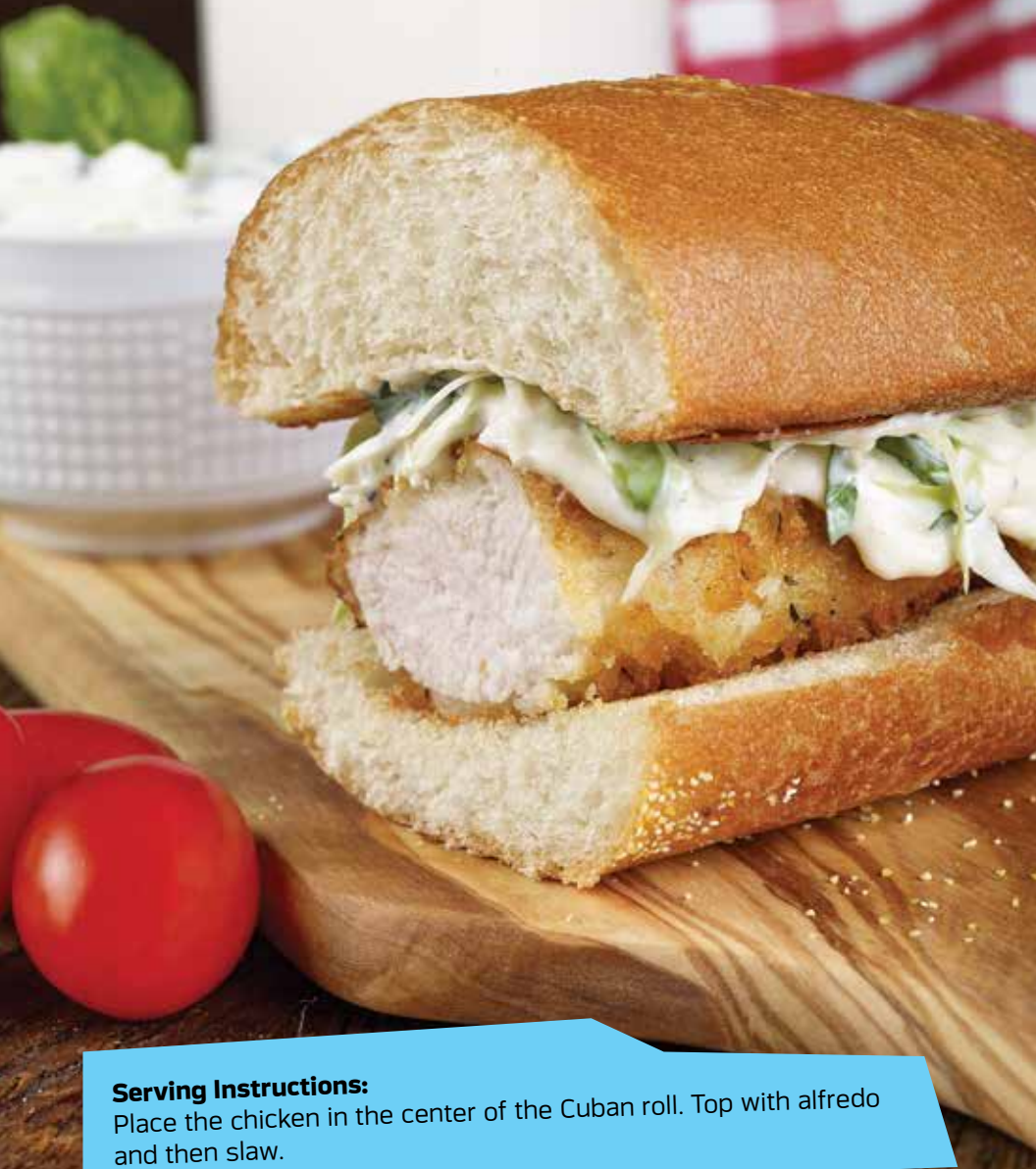
1 pkg (12 oz)	Turkey kielbasa, sliced
1 tsp	oil
1	red or orange bell pepper, diced
1	large onion, chopped
1 C	frozen corn
1	large can diced tomatoes, drained
1	can black beans, drained
2 tsp	cumin powder
1 tsp	chili powder
1 tsp	garlic powder
1/2 tsp	red pepper flakes
1 C	sour cream
1 C	salsa
1 C	shredded cheddar cheese
1	avocado, sliced
1/2 C	cilantro, chopped
1/2	lime

Directions:

1. Heat pan with oil on medium high heat. Add kielbasa, peppers, and onions and sauté until onions are soft, about 5 minutes.
2. Add corn, tomatoes, black beans, cumin, chili, garlic and red pepper flakes.
3. Cook for about 20 minutes until most of the liquid is gone.

GRIDIRON

WINNING RECIPE



Serving Instructions:

Place the chicken in the center of the Cuban roll. Top with alfredo and then slaw.

Cheesy Alfredo Panko Breaded Chicken on a Cuban Roll with Fresh Basil Greek Yogurt Slaw

Created by Gemini Elementary

Makes 4 servings

Alfredo (Ingredients):

1/2 stick	butter, room temperature
4 cloves	garlic, finely minced
4 oz	cream cheese, room temperature
3/4 C	heavy whipping cream
1 tsp	salt
1 tsp	white pepper
1/4 C	shredded mozzarella
1/4 C	shredded Parmesan cheese

Directions:

1. Over medium heat, melt butter. Add the garlic. Cook until garlic first starts to turn golden brown.
2. Add cream cheese and heavy cream. Cook and stir until lumps disappear. Add salt, pepper, mozzarella, and Parmesan cheese.
3. Continue to stir until it is all well blended.

Greek Yogurt Slaw (Ingredients):

1/2 C	green cabbage, finely shredded
1/4 C	Greek yogurt
1/4 C	fresh basil leaves, finely chopped

Directions:

1. Mix the basil and cabbage by hand until thoroughly mixed together. Add yogurt and stir until completely blended.

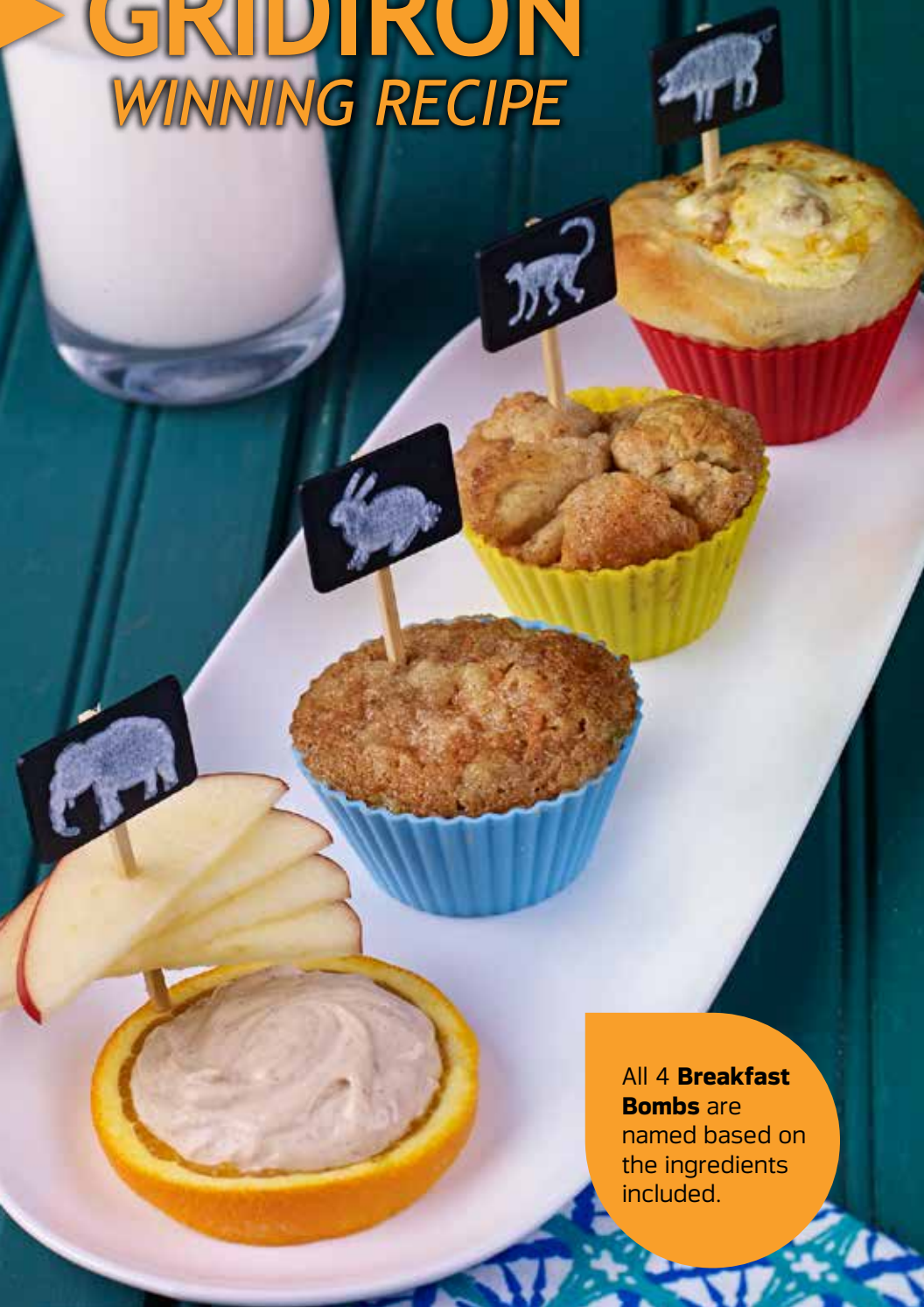
Chicken (Ingredients):

1 lb	chicken cutlets	1 tsp	dried basil
1	egg	1 C	flour
1 C	buttermilk		vegetable oil
8 oz	panko bread crumbs	4 rolls	5" Cuban rolls, toasted
1 tsp	garlic salt		

Directions:

1. Cut the chicken into 1/2" thick by 3" wide strips. In a small bowl, mix the egg and buttermilk together.
2. In a separate bowl, mix the panko bread crumbs, garlic salt and dried basil together. In a 3rd bowl, add flour.
3. Dip the chicken in flour, then dip into the buttermilk/egg and then dip into the bread crumb mixture.
4. Fry the chicken in a pan in 1/4" vegetable oil on medium heat until golden brown.

GRIDIRON WINNING RECIPE



All 4 **Breakfast Bombs** are named based on the ingredients included.

Breakfast Bombs

Created by Lecanto Primary School

Piggy Bomb (Ingredients):

6 oz	package of flaky biscuits
4 oz	cream cheese
2	eggs
1/2 lb	sausage, cooked
1/2 C	shredded cheddar cheese

Directions:

1. Beat cream cheese and eggs until smooth.
2. Fold in sausage and cheese.
3. Separate each biscuit into 4 pieces (peel apart in layers) then cut in half. Press into muffin tin. Fill cups with egg mixture.
4. Bake at 375°F for 10 minutes.

Monkey Bomb (Ingredients):

1/8 C	sugar
1/2 tsp	cinnamon
1 (8oz) can	refrigerated crescent rolls
4 oz	honey-nut cream cheese
1/4 C	walnuts, chopped
1/4 C	butter, melted
1/4 C	brown sugar

Directions:

1. Heat oven to 350°F. Lightly grease muffin tins with butter. Mix granulated sugar and cinnamon in Ziploc bag. Unroll can of dough into 1 large rectangle. If using crescent roll dough, press perforations to seal. Cut rectangle into 8 rows by 3 rows, to make 24 pieces total.
2. Place about 1/2 tsp cream cheese on center of dough piece. Fold dough over cream cheese and gently seal around edges; roll in sugar-cinnamon mixture. Repeat with remaining pieces.
3. Arrange in muffin tin, adding walnuts among the biscuit pieces. Sprinkle with remaining sugar-cinnamon mixture.
4. In small bowl, mix brown sugar and butter. Pour over biscuit pieces.
5. Bake 35 to 40 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Serve warm.

BREAKFAST BOMB RECIPES
CONTINUED ON NEXT PAGE



Breakfast Bombs *(continued)*

Created by Lecanto Primary School

Bunny Bomb (Ingredients):

BOTTOM LAYER

- 2 eggs
- 1 T milk
- 1/4 C onions, cooked
- 1/4 C bell peppers, cooked
- 1/4 C salt and pepper
- 1/4 C cheese (your choice)

Directions:

1. Mix eggs, milk, onions, bell peppers, salt and pepper, and cheese together. Pour into greased muffin pan. Set aside.

TOP LAYER

- | | | | |
|---------|-------------|----------|----------------------------|
| 1 C | sugar | 1 tsp | cinnamon |
| 1 | egg | 1/4 tsp | nutmeg |
| 1/2 C | oil | 4 oz can | crushed pineapple, drained |
| 1/2 tsp | vanilla | 2 oz | cream cheese |
| 1-1/4 C | flour | 1/8 C | butter |
| 1/2 tsp | baking soda | 1 C | carrots, grated |
| 1/4 tsp | salt | | |

Directions:

1. Mix together sugar, eggs, oil and vanilla extract in one bowl.
2. In separate bowl, mix together flour, baking soda, salt, cinnamon, and nutmeg. Add flour mixture slowly to egg mixture.
3. Then add pineapple, cream cheese, butter and carrots.
4. Pour on top of bottom layer. Bake at 350°F for 10-15 minutes.

Elephant Bomb (Ingredients):

- | | | | |
|------|--------------------|---------|-----------------|
| 1 | orange | 1/2 tsp | vanilla extract |
| 6 oz | plain Greek yogurt | 1/4 tsp | cinnamon |
| 2 T | honey | 1 | apple, sliced |
| 1 T | peanut butter | | |

Directions:

1. Slice orange and remove the center.
2. Mix next 5 ingredients together and place in center of orange ring.
3. Put apple slices onto a toothpick and then stick into the orange rind.



Childhood obesity is a serious, but solvable problem. We know what needs to be done to help our kids get healthier. Change won't happen overnight, but taking small steps to eat healthy and move more will make a difference.

The NFL, National Dairy Council and Dairy Council of Florida, in collaboration with the United States Department of Agriculture (USDA), have launched **Fuel Up to Play 60**, an in-school nutrition and physical activity program that encourages youth to consume nutrient-rich foods (low-fat and fat-free dairy foods, fruits, vegetables, and whole grains) and achieve at least 60 minutes of physical activity every day. The NFL, America's dairy farmers, USDA, health professionals, and major corporations have all signed up to help our kids face a healthier future. We need your support to help fight childhood obesity.

Becoming a Fuel Up to Play 60 Supporter is easy. Just visit:

FuelUpToPlay60.com





Extremely Cheesy Smoked Sausage Soup

Created by Blue Lake Elementary

Makes 12 bowls

Ingredients:

3- 32 oz box	chicken broth
1 loaf	5 grain Italian bread
2 C	diced celery
2 C	chopped onion
2 C	chopped carrots
2 T	butter
2 T	olive oil
1 pkg (14 oz)	smoked sausage
1/2 C	flour
1 tsp	paprika
1 tsp	red pepper flakes
1 tsp	black pepper
4 C	shredded cheddar cheese/American cheese
	Parsley for garnish
	Olive oil to drizzle on bread

Directions:

1. Heat chicken broth in large pot.
2. Slice bread at angle, place on cookie sheet, drizzle with olive oil. Bake at 250°F until crisp, about 10 minutes. Chop parsley for garnish.
3. Chop celery, onions, and carrots and sauté in skillet with butter and olive oil until onions are soft, about 5 minutes.
4. Slice sausage lengthwise and then slice in small pieces. Add meat to skillet and stir for 5 minutes.
5. Add flour and spices to skillet and stir.
6. Add contents of skillet to hot broth. Remove from heat.
7. Stir continuously while adding 1 cup of cheese at a time.

Serving Instructions:

Serve in bowls with toasted bread slices and garnish soup with chopped parsley and cheddar goldfish snacks.

Jumpstart the Day

Eating breakfast has been associated with **improved memory, attention, and test grades.** So, get a jumpstart on good nutrition for the day!

Veggie Marinara Twist & Mozza Meatballs over 3-Cheese Ravioli & Cinnamon Twist Dessert

Created by Bunnell Elementary

Ingredients:

1 lb	ground chicken
2	eggs
1 C	bread crumbs
3/4 C	Parmesan cheese
2/3 C	fresh chopped herbs (parsley, basil, oregano)
2 T	minced garlic
2 tsp	salt
2 tsp	pepper
8 oz	medium block mozzarella cheese
2 T	olive oil
1	medium onion, chopped
28 oz can	crushed tomatoes
2 C	spinach, chopped
2 C	zucchini, chopped or spiraled
2 C	yellow squash, chopped or spiraled
9 oz	package fresh 3 cheese ravioli, cooked

Directions:

1. Mix ground chicken with eggs, bread crumbs, 1/3 C Parmesan cheese and 1/3 C herbs, 1 T garlic. Add 1 tsp each of salt and pepper. Mix and roll into balls. Add a small piece of mozzarella to middle. Brown in olive oil.
2. Mix onion, 1/3 C fresh herbs, 1 tsp each of salt and pepper, and tomatoes. Sauté garlic, spinach, zucchini, and squash.
3. Combine veggies into sauce and add meatballs. Simmer.

Cinnamon Twist Sticks (Ingredients):

1 can	pizza dough
3 T	butter
2/3 C	sugar
1-1/2 tsp	cinnamon

Frosting (Ingredients):

2 oz	cream cheese
2/3 C	powdered sugar
2 T	milk
1/4 tsp	vanilla extract

Directions:

1. Preheat oven to 350°F. Melt butter in bowl. On a separate plate, combine cinnamon & sugar.
2. Unroll pizza dough and separate breadsticks. Cut a slit in breadsticks and stretch. Form a twist and then dip into butter and roll in cinnamon/sugar mixture. Place on baking sheet and bake for 12-15 minutes.
3. To make frosting, soften cream cheese and then mix the remaining ingredients together. Spoon into a plastic zip bag and snip the end off. Pipe the frosting over slightly cooled twists.

Serving Instructions:

Place ravioli on plate, add sauce and 3-4 meatballs. Add a few spiraled veggies on top. Sprinkle with remaining Parmesan cheese.

YUM!!





Natural cheeses such as swiss, cheddar, colby, monterey jack, and mozzarella contain little or no lactose.

Crescent Surprise with Fruity Browns

Created by James Weldon Johnson Prep

Crescent Surprise (Ingredients):

- | | |
|-------|---|
| 1 T | butter |
| 2 pkg | crescent rolls |
| 2 T | bacon, sausage and/or ham (your choice) |
| 4 T | swiss, American, provolone or muenster cheese |
| | Cholula chili lime hot sauce (optional) |
| 1 | egg, beaten |

Directions:

1. Preheat oven to 375°F. Butter a cookie sheet to avoid sticking.
2. Open crescent rolls and separate by twos.
3. Roll out 2 together to make flat and so crescents stick together with no perforations. Use a rolling pin if available.
4. Cook your choice of meat (or all 3 for variety).
5. Layer 2 T of meat on one side of crescent and top with 4 T cheese. Fold crescent together and press with tip of fork. Continue filling crescent rolls until package is gone.
6. Brush tops of crescent with egg. Place in oven for 11-13 minutes.

Fruity Browns (Ingredients):

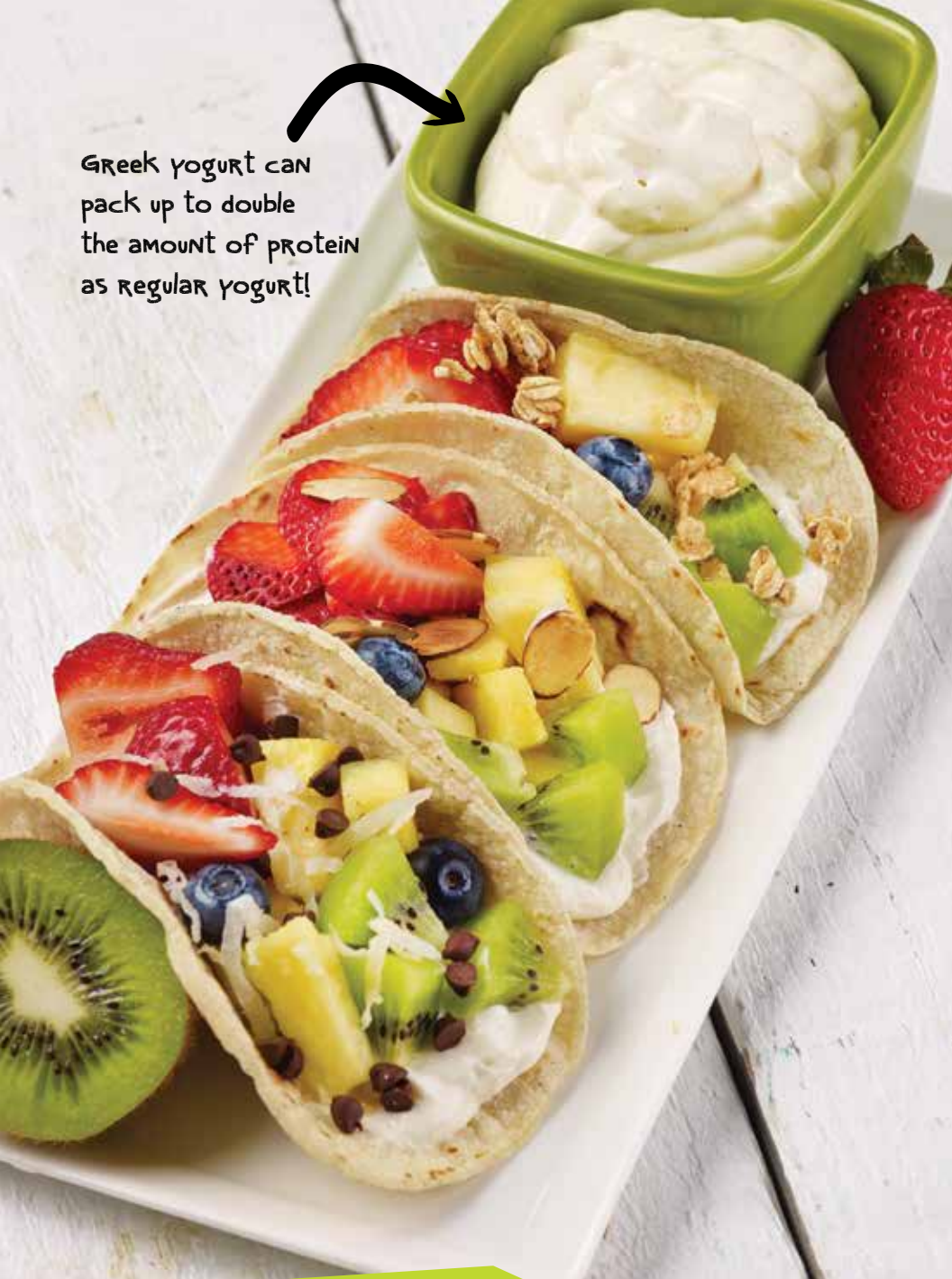
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|-----------|--|
| 1 T | butter |
| 15 oz pkg | frozen hash browns |
| 10 oz | ricotta cheese |
| 1 pkg | glazed cranberries and pecan mix |
| 1 C | blueberries (optional) |
| 6 slices | gouda cheese (or cheese of your choice to top) |

Directions:

1. Preheat oven to 400°F. Butter a 6"x9" glass casserole dish.
2. In a large bowl, combine hash browns, ricotta cheese, glazed cranberries and pecans, and blueberries (if using). Mix thoroughly.
3. Pour mixture into a prepared casserole dish and top with gouda cheese.
4. Bake for 35-40 minutes or until cheese is melted and bubbly.

DID YOU KNOW??? It takes approximately 10 pounds of milk to make 1 pound of cheese!





Greek yogurt can pack up to double the amount of protein as regular yogurt!

Have fun mixing and matching ingredients for a variety of flavors!

Mini Fruit Tacos

Created by Rock Solid Christian Academy

Makes 5 tacos

Ingredients:

- 5 mini tortilla shells, lightly browned over medium heat in dry skillet
- 8 oz vanilla Greek yogurt
- 4 oz 1/3 less fat cream cheese
- 1/2 C strawberries, sliced
- 1/2 C blueberries
- 3 kiwi, diced
- 1/2 C pineapple, sliced
- 1/2 C toasted almonds, sliced (optional)
- 1/2 C toasted coconut, shredded (optional)
- 1/2 C mini chocolate chips (optional)
- 1/2 C granola (optional)

Directions:

1. Combine yogurt and cream cheese until smooth.
2. Spoon yogurt and cream cheese mixture on tortilla shells.
3. Add fruit and optional ingredients.

LACTOSE INTOLERANCE

————— *Get the* **FACTS**

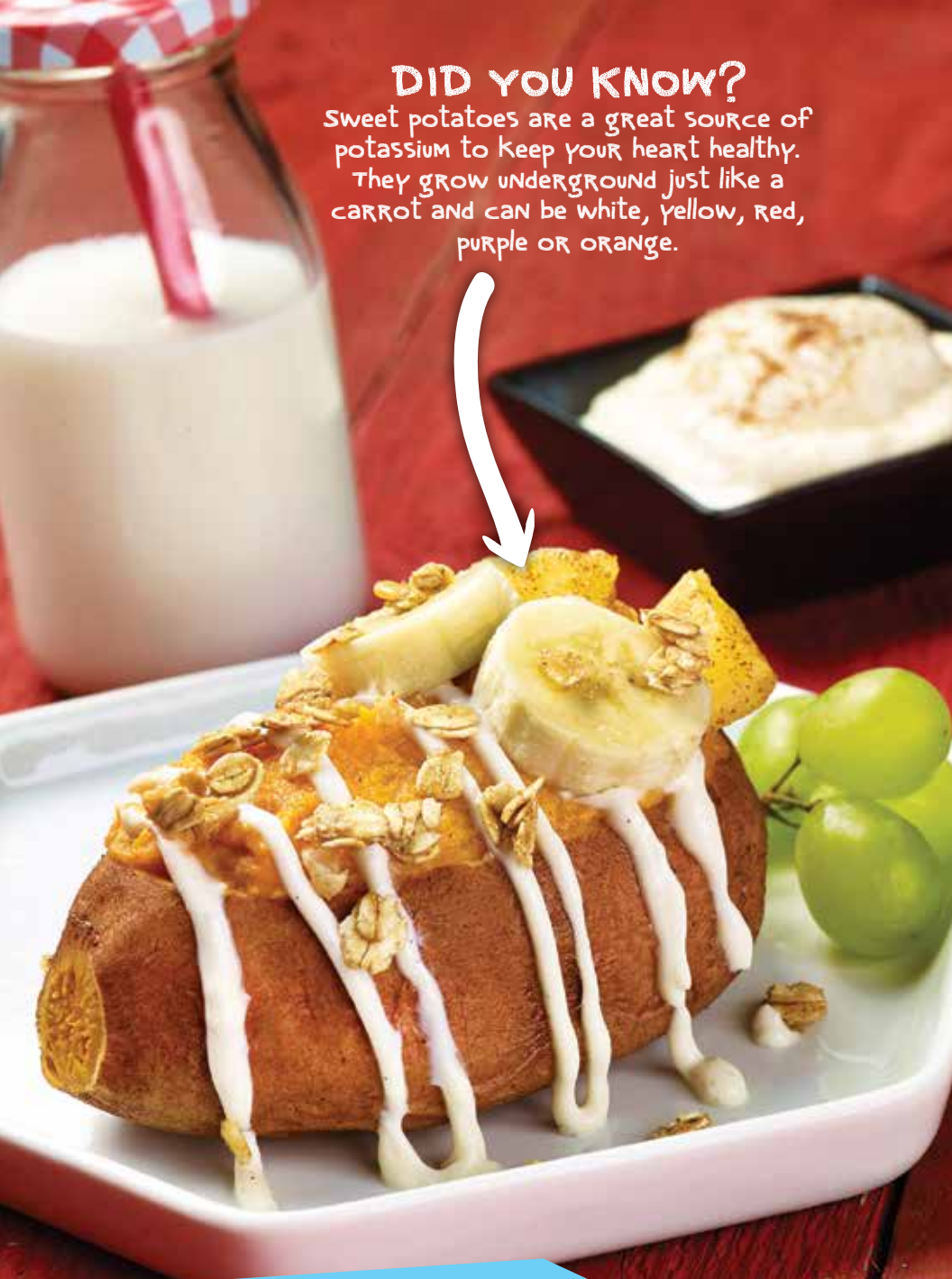
Lactose intolerance is often mischaracterized as an allergy that requires completely avoiding dairy.

- **Lactose intolerance** is the body's inability to digest lactose (a natural sugar mainly found in dairy products) and it's not an all-or-nothing condition.
- **Try lactose-free milk.** It provides the same unique package of nine essential nutrients found in regular milk.
- **Incorporate cheese.** Natural cheeses such as Cheddar, Colby, Monterey Jack, Mozzarella and Swiss contain little or no lactose.

DID YOU KNOW?

Sweet potatoes are a great source of potassium to keep your heart healthy.

They grow underground just like a carrot and can be white, yellow, red, purple or orange.



Serving Instructions:

Place one half of breakfast boat on plate with cinnamon pineapples and a cold glass of milk.

Breakfast Boat

Created by Gove Elementary

Makes 4 servings

Ingredients:

2 medium
2 T
1 C
1/2 C
1 tsp
1 C
1/2 C
2

sweet potatoes, scrubbed and oiled
butter
Greek vanilla yogurt
brown sugar
cinnamon
pineapple, chunks
granola
bananas, sliced

Directions:

1. Scrub potatoes clean, poke with a fork. Lightly coat potatoes with butter and wrap in a moist paper towel.
2. Place in microwave and cook on high for 10 minutes (turn over at 5 minutes). Cook until soft. Remove and cool for 5 minutes before cutting in half and scooping out center. Combine with yogurt.
3. Combine brown sugar and cinnamon in a small bowl. Role pineapple spikes in mixture. Remove spikes. Add remaining brown sugar and cinnamon mixture to scooped out potato. Mash together.
4. Place mixture back in scooped out potato "boats".
5. Garnish top of potatoes with granola and bananas. Place spike shaped cinnamon pineapples around the perimeter of the potatoes. Sprinkle the rest of the brown sugar around the sweet potatoes.

The Importance of DAIRY IN YOUR DIET

Many health professional organizations and nutrition experts, including the American Academy of Pediatrics, have long recognized the importance of 3 daily servings of dairy foods as part of a positive, nutrient-rich approach to a healthy diet.

- ▶ Milk contributes more calcium, Vitamin D, and potassium (three nutrients considered lacking in American diets) than any other food.
- ▶ Americans are currently consuming about two dairy servings per day on average.
- ▶ Adding just one more serving of dairy can help fill some of America's nutrient gaps.



DID YOU KNOW?

Strawberries are the only fruit with seeds on the outside.

Waffle Kabobs with 2 Yogurt Dips

Created by Nova Eisenhower Elementary

Greek Yogurt Waffles (Ingredients):

2 C	flour
1 T	baking powder
3 T	sugar
1/2 C	cornstarch
2	eggs
1/2 C	plain Greek yogurt
1 tsp	vanilla extract
1-1/2 C	milk
	assorted fruit and/or vegetables
	assorted cheeses

Directions:

1. Preheat waffle maker. Add flour, baking powder, sugar, and cornstarch to a large bowl.
2. Combine eggs, Greek yogurt, vanilla and milk in another bowl.
3. Make a well in the dry ingredients, add the wet ingredients.
4. Whisk batter until combined.
5. Add batter to the waffle maker and cook in batches.
6. Cut waffles, or make mini sized waffles.
7. Fill a kabob stick or straw with fresh fruit, berries, vegetables, cheese, and the waffles.

Honey Yogurt Dip (Ingredients):

1/4 C	vanilla Greek yogurt
1/2 tsp	honey

Directions:

1. Mix the yogurt and honey to make a fun dip for the waffles and fruit.

Savory Yogurt Dip (Ingredients):

1/4 C	plain Greek yogurt
1 T	dill, chopped
1/8 T	lemon juice

Directions:

1. Mix the yogurt, dill, and lemon juice to make a savory dip for the vegetable and cheese kabobs.

Have fun making creative designs with your cheese!



Shrimp Maniac Muffins

Created by Lake Gibson Middle School

Makes 6 muffins

Shrimp Muffin (Ingredients):

2 tsp	olive oil
1 medium	red bell pepper, diced
1/4	sweet red onion, diced
5	large eggs
1/4 C	shredded cheddar cheese
1/4 C	shredded pepper jack cheese
1/4 C	cream cheese
2 T	heavy cream
1/4 tsp	pepper
1/2 tsp	salt
6	medium sized shrimp, cooked
1-1/2 tsp	adobo seasoning

Sauce (Ingredients):

1	medium mango
1/4 C	heavy cream
6 oz.	mango yogurt
12 T	milk

Directions:

1. Preheat oven to 350°F.
2. Add oil, onions and peppers to skillet. Sauté for 3 minutes. Remove 1/2 C. Set aside.
3. Mix together egg, salt and pepper, remaining sautéed peppers, and cheeses.
4. Evenly distribute mixture into greased muffin pan.
5. Bake on middle rack 20 minutes, or until butter knife can be inserted and removed cleanly.
6. To make the sauce, mix together mango, yogurt, heavy cream and milk. Blend with food processor until smooth.
7. Garnish top with cooked shrimp and remaining peppers and onions.

FUN FACT:

An 8 oz glass of milk, 1 oz of most cheeses or a 4 oz container of yogurt have more protein than one egg.



Florida dairy farms
have an average of
962 cows each.

EASY SUBSTITUTE:

Swap plain Greek yogurt for sour cream in recipes. The tangy flavor and creamy texture makes an easy substitute.



Cookies for Dinner – Cheesy Baked Grits with a Creamy Mashed Potato Middle

Created by Lake Whitney Elementary

Makes 6 servings

Baked Cheesy Grits (Ingredients):

2 C	milk
2 T	butter
1 C	grits, uncooked
1/2 tsp	salt
	dash of pepper
1 C	cheddar cheese, shredded
1/4 C	Parmesan cheese

Directions:

1. Preheat oven to 350°F.
2. Bring milk to boil in a pot over medium heat. Add 1/4 C butter and stir until melted. Gradually stir in the grits. Keep stirring constantly for 5 minutes.
3. Remove from heat and add salt and pepper. Stir in the cheddar cheese until melted.
4. Place 1/4 C grits mixture into 12 muffin pan cups.
5. Sprinkle evenly with Parmesan cheese.
6. Bake 30 minutes. Let cool until firm and remove baked cheesy grits patties from muffin pan.

Creamy Mashed Potatoes (Ingredients):

4	medium potatoes
1/4 C	milk
1/2 C	sour cream
1/2 C	cream cheese
1 T	green onions, finely chopped
1 tsp	salt

Directions:

1. Peel and cut potatoes into evenly sized pieces. Add to boiling water and boil for 10 minutes uncovered.
2. Drain water from potatoes and add milk, sour cream, cream cheese, green onions, and salt. Mash together until smooth.

Serving Instructions:

Top one Cheesy Grit Patty with 2-3 spoonfuls of Creamy Mashed Potatoes then top with another Cheesy Grits Patty. Top your "Dinner Cookie" with another dollop of Mashed Potatoes and garnish with sour cream and slivers of green onions.



Cheesy Chicken & Bacon Quesadilla with Yogurt Veggie Dip

Created by New River Elementary

Quesadilla (Ingredients):

- 1 chicken breast, cooked and chopped
- 2 T bacon, cooked & chopped into small pieces
- 1/2 C Monterey Jack, Colby or Mexican cheese
- 2 whole wheat 9-10" tortillas

Directions:

1. Lightly coat skillet with cooking spray. Place 1 tortilla in heated skillet.
2. Add chicken, bacon and cheese to top of one tortilla and top with the second tortilla.
3. When cheese begins to melt and tortilla begins to crisp, flip to other side. Remove from skillet.
4. Serve with below Yogurt Veggie Dip.

Yogurt Veggie Dip (Ingredients):

- 2 C plain Greek yogurt
- 8 oz spinach, thawed, drained and chopped
- 1/2 C Parmesan cheese
- 1 envelope vegetable soup mix
- 1/3 C bell peppers, sliced

Directions:

1. In medium bowl, combine first 4 ingredients, cover and refrigerate until ready to serve. Serve with bell peppers and quesadillas.

Lower-sugar, fat-free chocolate milk has an average of 134 calories per 8 oz., which is only about 30 more calories than white milk.

TASTY TIP:

By serving the veggie sticks in individual cups, children are more likely to choose this healthy snack.

For more Gridiron recipes, visit FloridaMilk.com/recipes



MEET FLORIDA FARMER KEVIN MOORE



DID YOU KNOW?

A typical Holstein dairy cow weighs about 1,400 pounds.

After caring for his cows, Hardee County dairyman Kevin Moore sets his priorities on family and community. As co-owner and vice president of Lake Branch Dairy Inc., Kevin helps operate two farms that milk a total of 2,200 cows.

Since joining his in-laws, the Nickersons, in the dairy industry in 1991, Kevin and wife Leanne have raised daughter Lauren and son Ryan. “Our kids are taught to have a work ethic,” he says. “They understand where their money comes from, and they know firsthand what it takes to earn it. And with the families being involved in business, they learn by example the importance of open dialogue and clear communication.”

Son Ryan is following in his father’s footsteps and is working toward the goal of one day running the farm, while Lauren is working for the U.S. Department of Agriculture.

Kevin’s cows graze on more than 1,200 acres of land on their Hardee County farm but also have the luxury of fans and water misters when they come into the barn. There’s something to be said for comfortable cows, which is why his cows can produce more than 5 million gallons of milk each year.

But Kevin also believes in farmers being more productive as well and that community involvement plays a key role in a successful farming operation. “Today it’s not enough to be good stewards of the land and resources. You also have to be a positive ambassador in your community through local outreach and involvement,” says Kevin, who has been active in a number of groups, including

“Today it’s not enough to be good stewards of the land and resources. You also have to be a positive ambassador in your community through local outreach and involvement.”

youth sports, his church, theatrical and civic groups, and community redevelopment in Wauchula. In addition, he is a member of the Florida Dairy Farmers’ board of directors.

“It demonstrates your commitment in the community when you willingly and selflessly

give of your time, talent and money. Your very presence at local functions will go a long way to that end. That’s why I invest where I see the most need, our youth. They are our future leaders and I want them to know the importance of agriculture within the community and the positive impact it has.”

That mentality has led Kevin to become a strong supporter and advocate of the Fuel Up to Play 60 program as well as the many other youth-focused initiatives of the Dairy Council of Florida. “I’m always in favor of anything that will help kids learn about healthy

eating habits and physical activity. It's extremely important that kids learn more about where their food comes from and the work and pride that goes into each gallon of milk they drink."

HANDS-ON EXPERIENCE

Through the Fuel Up to Play 60 program, students learn the importance of a healthy diet, but they don't always get the opportunity to see where their food comes from. With that in mind, Kevin invited two of the state's student leaders to spend a day with him at the dairy to learn more about the responsibilities and hard work every dairy farming family puts in to provide fresh Florida milk.

Amaris Robinson, who is a Florida Fuel Up to Play 60 state ambassador and National Youth Council member from Davenport School of the Arts, and Bobby Sena, a past state and national Fuel Up to Play 60 student ambassador from Hunters Creek Middle School, got the opportunity to tour the milking

parlor, ask questions and learn how a modern farm conserves natural resources.

"My favorite part has to be milking the cows. It was an awesome experience and it was actually my first time ever being that close to one," says Bobby. These kind of experiences are important to Kevin and many other Florida dairy farmers because it's the very best way to share their love of their animals and their land.

According to Kevin, "One of the most important farmer-funded programs is Fuel Up to Play 60 and the reason we've made such a financial investment in it is because we care about the youth and encouraging them to do what's best for their bodies through good nutrition and exercise. We owe it to ourselves as adults to try to teach the next generation about what it means to live a healthy lifestyle and as dairy farmers we will always do our very best to provide them with an abundant supply of nature's most perfect food, milk."

PARFAIT YOUR WAY

YOGURT PARFAITS ARE EASY AS 1-2-3!

Host a yogurt parfait bar for your next classroom or school celebration. They can add fun and personality for each one that is made. Choose a variety of yogurt, fruit, grains, and fun toppings. Check with your school cafeteria to help purchase ingredients in bulk and pre-prepped items. Provide each student a cup and encourage them to alternate their layers.



YOGURT

- PICK YOUR FAVORITE FLAVOR
- TRY GREEK YOGURT FOR DOUBLE THE PROTEIN



FRUIT

- PICK YOUR FAVORITE FRUIT COMBINATION:
 - MANGO
 - STRAWBERRY
 - BLUEBERRY
 - RASPBERRY
 - PEACH
 - PINEAPPLE

GRAINS

- LOW FAT GRANOLA
- WHOLE GRAIN CEREAL



EXTRAS

- SHREDDED COCONUT
- CRUSHED GRAHAM CRACKERS
- HONEY



Want to see the video of Bobby and Amaris visiting the farm?

Check out

<http://tiny.cc/zfj9dy>



KEEP UP ONLINE

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For more information, visit FloridaMilk.com



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