

A MONTH OF
JUNE DAIRY MONTH 2011
 REAL CALIFORNIA DAIRY



1 June Dairy Month is dairy-licious—get started tastefully with a California-style cheese plate at dinner. **Visit RealCaliforniaMilk.com to whet your appetite!**



2 How to have your calcium and your Omega-3s, too? Top grilled salmon with Greek yogurt whisked with fresh dill, lemon juice, salt and pepper.

3 Aim to consume at least three servings of dairy products a day to get an important dose of trans-palmitoleic acid, a type of fat found naturally in dairy that's associated with lowering the risk of developing type 2 diabetes.

4 This Saturday, treat yourself with a homemade cake or cupcakes. Use the paper wrapper from a stick of butter to grease the pan. **[Click here to try](#)** Cupkate's Marshmallow Coconut Cupcakes Recipe.



5 Sleep in today, then make French toast with a creamy surprise inside. Sandwich two slices of bread together with cream cheese, dip in beaten egg and milk and sauté in butter.

6 Summertime = summer berries. Dip your favorite berries in sour cream, then in brown or powdered sugar. Sweet!



7 Vampires beware. According to a study in the *Journal of Food Science*, a glass of nonfat moo juice can mask garlic breath.

8 For an extra-creamy smoothie, try adding fresh yogurt instead of frozen to fresh fruit and ice cold milk. S-mooooo-th!

9 Low-fat dairy products are proven friends of the health conscious. Today, dress up low-fat cottage cheese with a dollop of applesauce sprinkled with cinnamon, walnuts and raisins for a tasty treat.

10 Friday fish fry! Thaw frozen fish fillets in milk for great texture and milder flavor. Dip in cornmeal for a crunchy crust before sautéing in Real California butter.



11 Pick up dairy products last when you shop so they stay as cold as possible before you get them home and into the refrigerator. Dairy products keep best at temperatures between 34 and 40 degrees – check the temp of your refrigerator occasionally with a thermometer.

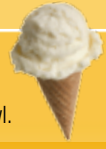
12 Crème fraîche adds delicate flavor to mixed berries. Add a piece of buttered toast and a cup of coffee and Sunday couldn't be off to a better start!

13 Spicy food burning your mouth? Wash the heat away with cold Real California milk. The lactic acid breaks the bonds of capsaicin, the heat component in chilies.



14 Buttermilk is an excellent meat tenderizer. For juicy fried chicken, marinate in buttermilk for at least one hour or overnight. Drain, dip in seasoned flour and fry or bake it up.

15 Soften ice cream by leaving out for about 15 minutes, then set out an array of "mix-ins" like nuts, cut-up fruit and bite-size candies and let everyone customize their own bowl.



16 Add a touch of cinnamon to fat-free yogurt and sweeten with a drizzle of honey. Serve with sliced fresh peaches, plums or nectarines for a quick and easy healthy snack.



17 Butter makes a great sauce for fish AND gets rid of the fish smell from your hands. Rub one teaspoon butter on your hands after handling fish, then wash off with soap and warm water.

18 Take a savory turn with cottage cheese by mixing in a pinch of salt and pepper and some chopped fresh garden herbs or salsa. Serve with crunchy veggies.

19 It's Father's Day—Dad deserves a steak! Top with a mixture of sautéed mushrooms finished with a swirl of crème fraîche added just before serving.

20 Those little day-campers get hungry. Serve them whole wheat English muffins topped with a blend of shredded Real California Mexican-style cheeses and a spoonful of mild salsa. Yum.

21 Summer's officially here, and that means bathing suits and shorts! Substituting low-fat plain yogurt for mayonnaise in your tuna or chicken salad is an easy calorie-saving trick.

22 Easy sweet treat: spread softened cream cheese on a flour tortilla and spoon on your favorite jam or jelly. Roll up, heat in the oven or microwave and drizzle with melted butter. Delectable!

23 Support CA dairy families by looking for the Real CA Milk and Cheese Seals. Take your kids to the grocery store and make a game of seeing who can find the most Real California seals on dairy products.

24 Date-night surprise: plan a romantic evening sampling unexpected combinations of California cheese and chocolates with your sweetie. **Carefully selected pairings can be found at RealCaliforniaMilk.com**



25 Enjoy a culinary mash-up from one of LA's hottest food trucks—a quesadilla combining kimchi and Real California cheese. **[Click here to try](#)** Kogi's kimchi quesadilla recipe.

26 For extra tang and added calcium, substitute buttermilk for water in pancake and waffle mixes. Freeze leftovers to pop into the toaster on weekday mornings.



27 Long, hot June days call for milkshakes. Blend nonfat milk with ice cream, add a banana and a small handful of dark chocolate chips for a filling, satisfying snack.



28 For a light summer supper that won't heat up your kitchen, bake potatoes in the microwave and serve with toppings like shredded cheese, sour cream, plain yogurt and salsa.

29 Did you know that 1% chocolate milk is one of the best post-workout recovery beverages around? On top of being as beneficial for muscle repair and fuel as most sports drinks, chocolate milk is usually less expensive, easier to find and – of course – tastes delicious!

30 Everyday is perfect for Real CA dairy. **Like us on [Facebook](#) for more tips and recipes.**

