



# Culinary Labs

PRESENTED BY

DAIRY COUNCIL OF ARIZONA

AND

CAREERS THROUGH CULINARY ARTS PROGRAM







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# Culinary Labs INTRODUCTION

Dairy Council® of Arizona partnered with the Careers through Culinary Arts Program (C-CAP) to create the “Dairy Council/ C-CAP Culinary Labs” program. This series of four classes was an exclusive opportunity for 20 of the top senior culinary students from around Arizona to learn about a variety of aspects of dairy foods and the importance of dairy in a healthy diet.

Three young chefs, Nicole Swartz, Luke Cornelius, and Jelani Port, all alumni of the C-CAP program, ran the labs like pros and provided the students with individualized feedback on recipe development, nutrient analysis, recipe costing, kitchen skills, professional soft skills and classroom nutrition presentation modeling.

For each lab session, the students each created a healthy recipe, ensured it met nutritional standards, and came to the Dairy Council office to prepare their recipe. The class sessions included:

## • **BREAKFAST BOOSTS BRAIN POWER**

The connection of breakfast and learning was emphasized along with the importance of dairy foods as part of a healthy breakfast. Students developed breakfast pizza recipes featuring either cheese or yogurt as the main dairy ingredient.

## • **AHH, THE POWER OF CHEESE**

Students learned about the history of cheese, how to make cheese, the nutritional and culinary qualities of cheese and they each developed a dip recipe using ricotta cheese.



## • **SMART SNACKING**

Teens need 4 servings of milk, cheese or yogurt each day to meet their calcium needs and snacks can help them reach that goal. Students developed healthy snack recipes using either Greek yogurt or locally produced Franklin Foods Greek cream cheese as the main ingredient.

## • **SMOOTHIES**

Students developed smoothie recipes that feature either milk or yogurt to provide the delicious base of the smoothie along with the unique nutrient package.

Culinary Lab students also had the opportunity to get a taste of local agriculture and learn firsthand where dairy foods come from. Danzeisen Dairy hosted a tour of both their dairy farm, where nutritious milk is produced, and their creamery, where delicious flavored milk and other dairy foods are bottled, churned and sold.

The rousing success of this inaugural year of the Dairy Council/C-CAP Culinary Labs program serves as the impetus to further develop the program for future C-CAP students.

## *Franklin Foods* **GREEK CREAM CHEESE CHALLENGE**

Special thanks to Rocco Cardinale, Vice President of Franklin Foods West, a local Arizona company that makes Greek Cream Cheese, for creating and sponsoring the Greek Cream Cheese Challenge awarded to the best Smart Snack recipes in the savory and sweet categories. This was a great way for Franklin Foods to introduce these young chefs to their innovative product, which has more protein and less fat than regular cream cheese. Each of the winning students was featured on Franklin Foods’ blog and social media channels and received a \$100 gift card.

Look for these  
stamps on the  
winning recipes!





# Morning SUNRISE PIZZA

**CREATED BY:** Alexis Cox, Flagstaff High School  
**TEACHER:** Patti Pastor

## INGREDIENTS

- 4 Croissant pre-made dough, raw
- 2 tbsp Peach syrup (from canned peaches)
- 2 tsp Sugar
- 4 oz Part skim ricotta
- 3/4 tsp Lemon juice, freshly squeezed
- 1/8 tsp Orange zest
- 1/8 tsp Salt
- 4 Strawberries & 4 Peach slices, canned

## DIRECTIONS

1. Preheat oven to 375°F

2. Open croissant dough, separate individual croissants and lay them out on a greased cookie sheet.

3. Roll up the wide end of the croissant dough to make a small "crust", dock the point end of the dough with a fork.

4. Make a peach syrup reduction: Heat the peach syrup in a small sauce pan over low heat, stirring occasionally, until thickened.

5. Spoon peach syrup reduction on each croissant and bake until fully cooked, about 5-6 minutes.

6. While croissants are baking, make cheese topping.
- Cheese Topping**

1. Place ricotta in a bowl and whisk until smooth

2. Add lemon juice, 1 1/2 tsp. sugar, orange zest, and salt to ricotta and whisk together.

3. Slice strawberries into fourths lengthwise and slice the peaches into thinner slices

4. Take croissants out of oven and let them cool down.

5. Once croissants are cool to the touch, add 1/4 of the ricotta mix onto 1 croissant and spread it out evenly. Repeat for remaining croissants.

6. Place the strawberries and peaches on the ricotta covered croissants.

7. Put the croissants on a plate and enjoy.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 153

Amount Per Serving		Amount Per Serving	
Fat	7 g	Total Carb.	17 g
Saturated Fat	3 g	Dietary Fiber	1 g
Cholesterol	9 mg	Protein	5 g
Sodium	82 mg	Calcium	92 mg





# Blackberry Ricotta BREAKFAST PIZZA

**CREATED BY:** Zachariah Kaczanowski, Ironwood Ridge High School  
**TEACHER:** Jean Gowen

## INGREDIENTS

- 1 pc** Naan bread, (1 lrg or 2 med)
- 1 cup** Fresh blackberries
- ½ cup** Ricotta cheese, part skim
- 4 leaves** Fresh basil, chopped
- ½ cup** Mozzarella cheese, part-skim
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 450 degrees.
2. Place Naan on baking sheet.
3. In the bowl place ½ cup of blackberries.
4. Smash blackberries in bowl with fork until a blackberry mush has been formed.
5. Spread the blackberry smash from the bowl onto the Naan as if it were a pizza sauce.
6. Spread ricotta cheese on Naan, on top of blackberry sauce.
7. Sprinkle mozzarella cheese on top.
8. Cut remaining ½ cup of blackberries in half and sprinkle on top of the pizza.
9. Sprinkle with salt and pepper to taste.
10. Bake in oven for 15-25 minutes, or until ricotta has a nice golden brown look.
11. Remove from oven, garnish with freshly chopped basil. Cut into 4 pieces and serve.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 238

Amount Per Serving		Amount Per Serving	
Fat	9 g	Total Carb.	28 g
Saturated Fat	4 g	Dietary Fiber	4 g
Cholesterol	18 mg	Protein	13 g
Sodium	354 mg	Calcium	228 mg





# Sunrise SKILLET

**CREATED BY:** Alayne Kinlecheenie, Ganado High School

**TEACHER:** Charlotte Jackson

## INGREDIENTS

- |   |                                      |
|---|--------------------------------------|
| <b>1 pkg</b> Pizza dough, pre-made      | <b>¼ cup</b> 2% reduced fat milk     |
| <b>4 oz</b> Turkey sausage              | <b>¼ tsp</b> Dried oregano leaves    |
| <b>¼ cup</b> Chopped onions             | <b>1/8 tsp</b> Black pepper          |
| <b>¼ cup</b> Green bell pepper, chopped | <b>1 cup</b> Shredded cheddar cheese |
| <b>4</b> Eggs                           |                                      |

## DIRECTIONS

1. Heat oven to 375 degrees.
2. Roll out pizza dough to fit an 8 inch skillet, press down to cover bottom and ½ inch up side of skillet. Bake 10 minutes.
3. Meanwhile, cook turkey sausage on the stove top until golden brown. Stir in chopped onions and bell peppers and cook until softened. Remove from heat.
4. In a bowl, whisk eggs, milk, oregano and pepper. Carefully pour mixture over crust. Bake 10 minutes or until egg mixture sets.
5. Sprinkle egg mixture with cooked sausage, bell peppers, onion and top with cheese.
6. Bake another 5 minutes or until cheese melts. Cut into four wedges and enjoy.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 375

Amount Per Serving		Amount Per Serving	
Fat	11 g	Total Carb.	23 g
Saturated Fat	4 g	Dietary Fiber	1 g
Cholesterol	115 mg	Protein	23 g
Sodium	311 mg	Calcium	276 mg





# Pita Pepper PIZZA

**CREATED BY:** Michael Mengelkamp, Liberty High School

**TEACHER:** Jeff Stanhill

## INGREDIENTS

**1 tsp** Olive oil

**1** Green bell pepper, chopped

**1** White onion, chopped

**4 strips** Crispy, reduced sodium  
bacon, chopped

**4** Large egg whites

**2 tbsp** Lowfat milk

**4** Small pita bread, 4" across

**1 cup** Nonfat mozzarella cheese,  
shredded

Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Coat medium sauté pan with olive oil and set over medium-high heat until an onion piece sizzles when dropped in.
3. Add bell pepper and onion to pan. Cook, stirring frequently, until the bell pepper is soft and the onion is translucent.
4. Stir in chopped, crispy bacon and continue to cook for 30 seconds. Remove vegetable/ bacon mixture from pan.
5. In a bowl, whisk egg whites and milk until well mixed.

6. Add egg whites to the pan, scrambling them until fluffy.
7. Return the pepper mix to pan with the egg. Continue to cook for another 30 seconds. Add salt and pepper to taste.
8. Place the pita bread on a cookie sheet and spoon the egg and vegetables evenly on them.
9. Sprinkle the mozzarella evenly over the pizzas.
10. Place in the oven and cook for 5 minutes, or until the cheese has completely melted.
11. Remove from oven and serve.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 225

Amount Per Serving		Amount Per Serving	
Fat	5 g	Total Carb.	26 g
Saturated Fat	2 g	Dietary Fiber	4 g
Cholesterol	16 mg	Protein	21 g
Sodium	349 mg	Calcium	308 mg





# Avocado SUNRISE

**CREATED BY:** Calyn Morris, Mountain View High School

**TEACHER:** Becky Yim

## INGREDIENTS

**1** Roma tomato, small diced  
**¾ cup** Monterey Jack cheese,  
shredded

**4** Corn tortillas

**1 link** Chorizo sausage

**4** Medium eggs

**1** Avocado

Salt and pepper to taste

## DIRECTIONS

1. Wash and chop Roma tomato, place on plate.
2. Core and peel avocado, make 16 thin slices and place on plate.
3. Portion out 4 tablespoons of Monterey Jack cheese and set aside.
4. Preheat oven and pizza stone to 400 degrees.
5. Heat sauté pan for corn tortillas.
6. Place corn tortillas in pan one at a time and heat through. When hot, remove from stove and place on paper towel. Set aside.
7. Peel and chop chorizo, place in sauté pan, cook until brown (about 5 minutes).

8. Take chorizo out of pan, drain onto a paper towel to soak up grease. Set aside.
9. Fill sauce pan with 7 cups of water and bring to a gentle simmer on stove.
10. To poach eggs: crack egg in small bowl and drop in sauce pan gently. Poach for about 3-4 min.
11. While eggs are being poached, place tortilla on pizza stone, sprinkle chorizo around the edges of heated tortilla, sprinkle cheese on top of chorizo and place in oven for about 1 minute to melt the cheese.
12. Remove eggs from water with slotted spoon and place directly on pizza.
13. Serve whole or in slices.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 290

Amount Per Serving		Amount Per Serving	
Fat	18 g	Total Carb.	9 g
Saturated Fat	6 g	Dietary Fiber	3 g
Cholesterol	154 mg	Protein	16 g
Sodium	384 mg	Calcium	198 mg





# Pita Bread

## EXTRAORDINARY

**CREATED BY:** Austin Neanover, Glendale High School

**TEACHER:** Shawn Morris

### INGREDIENTS

**4** Whole wheat pita bread, 4" in diameter

**4** Eggs

**1 cup** Shredded mozzarella

**1 cup** Spinach

**8** Basil leaves, fresh

**1 cup** Tomatoes, canned, diced

Salt and pepper to taste

### DIRECTIONS

1. Preheat oven to 400 degrees.
2. Beat 1 egg in bowl and add salt (if desired).
3. Place pita bread on baking sheet. Pour egg on pita bread. Sprinkle ¼ of the cheese on top.
4. Repeat steps 2 and 3 for each of the remaining pita bread and eggs.
5. Bake for 4 to 6 minutes.
6. Remove from oven and top each pita with basil, tomatoes, and spinach.
7. Return to oven to until spinach and basil begin to wilt.

### NUTRITION FACTS

Servings Per Recipe: 4  
Calories 228

Amount Per Serving		Amount Per Serving	
Fat	10 g	Total Carb.	19 g
Saturated Fat	5 g	Dietary Fiber	3 g
Cholesterol	179 mg	Protein	17 g
Sodium	266 mg	Calcium	264 mg





# Sierra's Sweet & Easy BREAKFAST PIZZA

**CREATED BY:** Sierra O'Connor, Barry Goldwater High School  
**TEACHER:** Ryan Mattheis

## INGREDIENTS

- 4 5" whole wheat frozen pancakes
- 4 oz Whipped light cream cheese
- 6 oz Non-fat plain yogurt
- 2 tsp Sugar
- 2 Kiwis, sliced
- 4 Fresh strawberries, sliced
- 1 Orange, zested
- 1 Miniature Hershey's chocolate bar

## DIRECTIONS

1. Warm whole wheat pancakes in microwave for 1 minute and 15 seconds. When finished put on a plate.
2. In a small mixing bowl, zest orange until you have about 3 teaspoons in the bowl.
3. Add cream cheese, yogurt and sugar to orange zest and mix just until combined.
4. Put the bowl aside and slice strawberries. Spread cream cheese mixture on pancake and place strawberry and kiwi slices on top.
5. Grate chocolate bar on top and enjoy!

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 203

Amount Per Serving		Amount Per Serving	
Fat	8 g	Total Carb.	24 g
Saturated Fat	3 g	Dietary Fiber	3 g
Cholesterol	33 mg	Protein	10 g
Sodium	340 mg	Calcium	179 mg





# Breakfiesta PIZZA

**CREATED BY:** Parker Sage, Flagstaff High School

**TEACHER:** Patti Pastor

## INGREDIENTS

- 1** Avocado
- 15** Tortilla chips
- 2** Eggs
- 1/3 bunch** Cilantro
- 1 cup** Pepper jack cheese, shredded
- 1** Pre-made pizza dough, raw
- 5 tbs** Enchilada sauce
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 425 degrees.
2. Slice avocado thinly long ways.
3. Wash and pick cilantro.
4. Crush corn chips in a bowl until 1/4 inch chips.
5. Whisk two eggs in mixing bowl. Add salt and pepper to taste.
6. Roll out pre-made pizza dough onto cookie sheet.
7. Spread the enchilada sauce evenly on
8. Top with shredded pepper Jack cheese on pizza leaving room for 3/4 inch crust.
9. Bake for six minutes then take out of the oven.
10. Add chips and avocado slices. Bake for eight more minutes or until the crust turns golden brown.
11. Cut into slices and garnish with cilantro.

## NUTRITION FACTS

Servings Per Recipe: 6  
Calories 228

Amount Per Serving		Amount Per Serving	
Fat	14 g	Total Carb.	33 g
Saturated Fat	3 g	Dietary Fiber	3 g
Cholesterol	57 mg	Protein	16 g
Sodium	169 mg	Calcium	314 mg





# Orange Cheesecake FRUIT DIP

**CREATED BY:** Conner Andersen, Basha High School

**TEACHER:** Cara Summerfield

## INGREDIENTS

- 15 oz** Ricotta cheese, part skim
- 2 tsp** Honey
- 2** Oranges
- 2** Bosc pear
- 1 tsp** Vanilla extract
- 2** Red delicious apple

## DIRECTIONS

1. Add the zest of one whole orange and juice from 2 oranges into a mixing bowl.
2. Add other ingredients except pear and apple. Whip together with whisk until creamy.
3. Slice pear and apple into thin wedges to use for dipping.

## NUTRITION FACTS

Servings Per Recipe: 6  
Calories 184

Amount Per Serving		Amount Per Serving	
Fat	6 g	Total Carb.	24 g
Saturated Fat	4 g	Dietary Fiber	4 g
Cholesterol	23 mg	Protein	9 g
Sodium	96 mg	Calcium	226 mg





# Holy Cannoli

## RICOTTA DIP

**CREATED BY:** Megan Berry, Barry Goldwater High School

**TEACHER:** Ryan Mattheis

### INGREDIENTS

**8 oz** Low fat cream cheese, softened   **2/3 cup** Mini chocolate chips  
**1 cup** Ricotta cheese, part skim   **2 tsp** Cinnamon  
**1 cup** Powdered sugar   **1 pinch** Nutmeg  
**1 tsp** Vanilla   **4** Waffle cones

### DIRECTIONS

1. In a large bowl with a hand mixer, whisk together softened cream cheese, ricotta, and powdered sugar on a medium-high speed for about 3-4 minutes or until smooth.
2. Add vanilla and whip for another 30 seconds.
3. Now add mini chocolate chips, cinnamon, and nutmeg. Fold together.
4. Roughly cut up waffle cones to be dippers, approximately the size of a cracker.
5. Transfer dip to serving bowl and garnish with more mini chocolate chips.
6. Serve chilled and enjoy!

### NUTRITION FACTS

Servings Per Recipe: 8  
Calories 193

Amount Per Serving		Amount Per Serving	
Fat	6 g	Total Carb.	28 g
Saturated Fat	4 g	Dietary Fiber	1 g
Cholesterol	13 mg	Protein	9 g
Sodium	147 mg	Calcium	194 mg





# Autumn Pumpkin SPICE DIP

**CREATED BY:** Allison Campbell, Mountain View High School

**TEACHER:** Becky Yim

## INGREDIENTS

- |  |                                   |
|--|-----------------------------------|
| <b>1 cup</b> Ricotta cheese, part skim | <b>1/2 tsp</b> Ground cinnamon    |
| <b>1/2 cup</b> Light cream cheese      | <b>2 tsp</b> Pumpkin pie spice    |
| <b>1/4 cup</b> Sugar                   | <b>2</b> Apples, sliced           |
| <b>3 tbsp</b> Pure maple syrup         | <b>2 tsp</b> Lemon juice          |
| <b>1 15oz can</b> Pumpkin puree        | <b>1 cup</b> Strawberries, sliced |
| <b>1/2 tsp</b> Ground ginger           |                                   |

## DIRECTIONS

- Place all ingredients except apples, lemon juice and strawberries in a blender and blend until smooth.
- Slice apples and strawberries. Place apples in a bowl and mix with lemon juice to prevent browning.
- Serve pumpkin dip with apples and strawberries and enjoy!

## NUTRITION FACTS

Servings Per Recipe: 8  
Calories 161

Amount Per Serving		Amount Per Serving	
Fat	5 g	Total Carb.	25 g
Saturated Fat	3 g	Dietary Fiber	3 g
Cholesterol	18 mg	Protein	6 g
Sodium	177 mg	Calcium	137 mg





# Fruit Toast SPREAD

**CREATED BY:** Alayne Kinlecheenie, Ganado High School  
**TEACHER:** Charlotte Jackson

**INGREDIENTS**

- 1/2 cup

Light cream cheese
- 1/2 cup

Part skim ricotta cheese
- 1/2 tsp

Vanilla extract
- 1 tbsp

Honey
- 8 slices

Whole wheat bread, toasted
- 4

Fresh peaches

**DIRECTIONS**

1.

In a medium bowl, combine cream cheese, ricotta cheese, vanilla and honey. Mix until well combined. Chill 10-15 minutes.
2.

Wash peaches and slice them.
3.

Spread cheese mixture on each slice of toast.
4.

Top with peaches.

**NUTRITION  
FACTS**

Servings Per Recipe: 4  
Calories 260

Amount Per Serving		Amount Per Serving	
Fat	5 g	Total Carb.	44 g
Saturated Fat	2 g	Dietary Fiber	6 g
Cholesterol	10 mg	Protein	12 g
Sodium	0 mg	Calcium	183 mg





# Lesty FRUIT DIP

**CREATED BY:** Sierra O'Connor, Barry Goldwater High School  
**TEACHER:** Ryan Mattheis

## INGREDIENTS

- 1 cup** Low-fat ricotta cheese
- 1 tsp** Lemon zest
- 1 tsp** Orange zest
- 1 tbsp** Orange juice
- 2 tsp** White granulated sugar
- 4** Mint leaves
- 1 tbsp** Chopped hazelnuts
- 2 cups** Fresh strawberries, washed and halved, as dippers

## DIRECTIONS

1. In a medium mixing bowl, combine ricotta, lemon zest, orange zest, orange juice and sugar. Stir until ingredients are well mixed.
2. Mince the mint leaves and add to bowl. Stir until combined.
3. Transfer to a serving bowl, top with chopped nuts. Place bowl on serving plate.
4. Wash strawberries and trim stems off. Cut the strawberries in half.
5. Finally, place strawberries on the plate with your dip and you are ready to eat!

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 132

Amount Per Serving		Amount Per Serving	
Fat	6 g	Total Carb.	12 g
Saturated Fat	3 g	Dietary Fiber	2 g
Cholesterol	19 mg	Protein	8 g
Sodium	78 mg	Calcium	182 mg





# Spinach ARTICHOKE DIP

**CREATED BY:** Jared Witte, Paradise Valley High School  
**TEACHER:** Patty Nadzieja

## INGREDIENTS

- 1 can** Artichoke quarters, canned in water, drained
- 1 pkg** Frozen spinach, 10 oz.
- 1 cup** Fat free sour cream
- 1 cup** Part skim ricotta
- 2** Fresh garlic cloves, minced
- ¾ cup** Shredded Parmesan cheese
- 4 servings** Pita chips
- Salt and pepper to taste

## DIRECTIONS

1. Preheat broiler in oven.
2. Microwave spinach to thaw out. Drain in paper towels.
3. Mix together the first five ingredients and ½ cup of the Parmesan cheese. Spread into glass pie plate.
4. Microwave for 7 to 10 min or until hot and bubbly.
5. Add remaining cheese on top and brown in broiler until cheese turns a little brown.
6. Serve with pita chips.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 269

Amount Per Serving		Amount Per Serving	
Fat	7 g	Total Carb.	24 g
Saturated Fat	4 g	Dietary Fiber	7 g
Cholesterol	28 mg	Protein	20 g
Sodium	318 mg	Calcium	387 mg





# Cloud BITES



**CREATED BY:** Marisol Anaya, Santa Rita JTED

**TEACHER:** Kerri Morton

## INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| <b>1</b> Ripe banana                        | <b>½ cup</b> Greek cream cheese    |
| <b>½ cup</b> Old fashion oats               | <b>1 tbsp</b> Honey                |
| <b>1 tbsp</b> Dark chocolate chips, chopped | <b>½ tsp</b> Vanilla extract       |
| <b>1 tbsp</b> Creamy peanut butter          | <b>4</b> Fresh strawberries, whole |
| <b>½ cup</b> Vanilla Greek yogurt, fat free | <b>12</b> Mandarin orange slices   |

## DIRECTIONS

1. Preheat oven to 350 degrees. Prepare baking sheet with a silicone baking mat or parchment paper.
2. In a medium bowl place bananas. Using the back of a spoon smash bananas. Add oats and chopped chocolate. Fold in peanut butter until all ingredients are mixed together.
3. Place about a tablespoon of batter on a baking sheet to make cookie shape. Form into 2 inches in diameter and ¼ inch thick shaped cookie. It should make about 12 cookies.
4. Bake for 15-20 minutes or until bottoms and sides are golden brown.
5. Place Greek yogurt and Greek cream cheese in a mixing bowl; mixing for about 8-10 minutes stirring occasionally. Add honey and vanilla and mix for another 5 minutes.
6. Take out cookies and place on a cooling rack to cool. Meanwhile cut strawberries in half, then into thin slices.
7. Add about 2 tablespoons of cream onto each cookie and spread throughout. Add 3 to 4 slices of strawberries and then a slice of a mandarin orange on top. Repeat for each remaining cookie. Finally you can enjoy!

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 203

Amount Per Serving		Amount Per Serving	
Fat	8 g	Total Carb.	25 g
Saturated Fat	3 g	Dietary Fiber	2 g
Cholesterol	17 mg	Protein	8 g
Sodium	138 mg	Calcium	93 mg





# Salmon CROSTINI'S

**CREATED BY:** Conner Andersen, Basha High School  
**TEACHER:** Cara Summerfield

## INGREDIENTS

- 4 oz** Hot or cold smoked salmon, thinly sliced
- 1** Baguette
- 1 tbsp** Capers
- 2 sprigs** Fresh dill, finely chopped
- 2 sprigs** Fresh dill, ¼ inch pieces for garnish
- 1 cup** Greek cream cheese
- ½ tsp** Lemon zest
- ½ tsp** Lemon juice
- ½ tsp** Lime zest
- ½ tsp** Lime juice
- 1 tbsp** Olive oil
- Salt and pepper to taste

## DIRECTIONS

- Preheat oven to 350°.
- Cut 8 slices, ¼ inch each, on the bias, from baguette. Brush oil onto 1 side of each slice and toast in oven until golden brown.
- Put zest, juice, chopped dill, and Greek cream cheese into mixing bowl. Stir until soft and well combined. Add salt and pepper to taste and place in a pastry bag. Pipe Greek Cream cheese blend evenly onto toasted baguettes.
- Place smoked salmon pieces in the center of each crostini.
- Garnish each piece with a dill sprig and capers.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 233

Amount Per Serving		Amount Per Serving	
Fat	6 g	Total Carb.	28 g
Saturated Fat	1 g	Dietary Fiber	2 g
Cholesterol	11 mg	Protein	18 g
Sodium	344 mg	Calcium	176 mg





# Cucumber Salmon BOATS

**CREATED BY:** Megan Berry, Barry Goldwater High School  
**TEACHER:** Ryan Mattheis

## INGREDIENTS

- 14.75 oz** Pink salmon (can)
- 8 oz** Greek cream cheese
- ½** Small white onion
- 1 tsp** Lemon juice
- ½ tsp** Liquid smoke
- 1 tsp** Frank's red hot sauce
- ¼ cup** pine nuts
- 1 tsp** Dill weed
- 1** Large cucumber
- Salt and pepper to taste

## DIRECTIONS

1. Drain canned salmon completely.
2. In a bowl mix together Greek cream cheese and salmon.
3. Small dice the white onion and add it to salmon and cream cheese mixture.
4. Add liquid smoke, hot sauce, lemon juice and mix well.
5. Add pine nuts, dill, salt and pepper and mix all together until fully combined.
6. Cut open the cucumber in half long ways.
7. Take a small spoon or a teaspoon and scoop out the insides creating a hollow cucumber half.
- \*Note: You don't want to take out too much of the middle and not have enough cucumber to hold the salmon dip.
8. Heap salmon dip into cucumber boat
9. Once the cucumber is filled with the salmon dip cut into little bite size pieces about 1 inch each.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 204

Amount Per Serving		Amount Per Serving	
Fat	10 g	Total Carb.	7 g
Saturated Fat	1 g	Dietary Fiber	1 g
Cholesterol	45 mg	Protein	22 g
Sodium	322 mg	Calcium	295 mg





# Greek GUAC



**CREATED BY:** Alexia Camacho, Coolidge High School

**TEACHER:** Cassandra Yeo

## INGREDIENTS

- |   |                                   |
|---|-----------------------------------|
| <b>2</b> Large Hass avocados              | <b>2 tbsp</b> Green onion, minced |
| <b>1</b> Lime (juice only)                | <b>1/4 tsp</b> Garlic salt        |
| <b>1 cup</b> Greek cream cheese, softened | Baked tortilla chips or various   |
| <b>1</b> Large tomato, small diced        | vegetables as dippers             |
| <b>1 clove</b> Garlic, minced             | Salt and pepper to taste          |

## DIRECTIONS

1. Roughly dice avocado and place in bowl. Smash until smooth and creamy.
2. Squeeze lime juice into avocado and mix well.
3. Add Greek cream cheese and mix until combined and you can no longer see white from the cream cheese.
4. Add the remainder of the ingredients: tomato, garlic, green onion, garlic salt, salt and pepper and stir until combined. Be sure not to over mix as the tomatoes can become mushy
5. Serve with baked tortilla chips or your choice of dipper.

## NUTRITION FACTS

Servings Per Recipe: 4  
Calories 202

Amount Per Serving		Amount Per Serving	
Fat	12 g	Total Carb.	13 g
Saturated Fat	3 g	Dietary Fiber	6 g
Cholesterol	17 mg	Protein	8 g
Sodium	198 mg	Calcium	104 mg





# Lip Smackin' BUFFALO DIP

**CREATED BY:** Alexis Cox, Flagstaff High School

**TEACHER:** Patti Pastor

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## INGREDIENTS

- |  |                                      |
|--|--------------------------------------|
| <b>1 cup</b> Rotisserie chicken breast, shredded | <b>½ cup</b> Light sour cream        |
| <b>2</b> Tomato, small dice                      | <b>¼ cup</b> Shredded cheddar cheese |
| <b>8</b> Pepperoncinis                           | <b>½ cup</b> Buffalo sauce           |
| <b>½ cup</b> Greek cream cheese                  | <b>2 cups</b> Tortilla chips         |
|  | <b>2 cups</b> Celery sticks          |
- .....

## DIRECTIONS

1. Shred rotisserie chicken into bite size pieces.
  2. Dice 1 tomato and 7 of the pepperoncinis and place in a small bowl.
  3. Dice the other tomato and set aside, with one whole pepperoncini for plating.
  4. Place cream cheese, sour cream and cheddar cheese into a microwave safe bowl and melt together in 45 second intervals, stirring between each interval.
  5. Once heated and everything is melted, add chicken, one diced tomato, seven diced pepperoncinis, and buffalo sauce to the bowl. Mix everything together thoroughly. Reheat for 45 seconds if needed.
  6. Put dip into serving bowl, top with the reserved diced tomato and lay the reserved whole pepperoncini on top of them.
  7. Put the bowl in the center of a plate and place the chips or celery sticks around and serve.
- .....

## NUTRITION FACTS

Servings Per Recipe: 6  
Calories 124

Amount Per Serving		Amount Per Serving	
Fat	5 g	Total Carb.	7 g
Saturated Fat	3 g	Dietary Fiber	1 g
Cholesterol	37 mg	Protein	13 g
Sodium	316 mg	Calcium	143 mg





# Strawberry Stuffed BABY PEPPERS

**CREATED BY:** Emma Verdugo, Glendale High School

**TEACHER:** Shawn Morris

## INGREDIENTS

**12** Baby Bell Peppers

**1 cup** Greek Cream Cheese

**1 cup** Chopped strawberries

## DIRECTIONS

1. Wash each pepper and slice the top off. Scoop out any little seeds that may remain.
2. Chop strawberries and mix with Greek cream cheese.
3. With blunt knife (butter knife) slowly stuff each pepper with cream cheese and strawberry mixture until completely full.

## NUTRITION FACTS

Servings Per Recipe: 6

Calories 118

Amount Per Serving		Amount Per Serving	
Fat	4 g	Total Carb.	15 g
Saturated Fat	3 g	Dietary Fiber	6 g
Cholesterol	16 mg	Protein	6 g
Sodium	118 mg	Calcium	91 mg





# The Green LAGOON

**CREATED BY:** Marisol Anaya, Santa Rita JTED  
**TEACHER:** Kerri Morton

## INGREDIENTS

- 1/2 cup** Fat free plain Greek yogurt
- 1 cup** 2% milk
- 1** Frozen banana
- 1/2 cup** Frozen chopped spinach
- 1 cup** Mangos, canned, cubed in 100% juice
- 1 cup** Pineapple chunks, canned in 100% juice

## DIRECTIONS

- Blend Greek yogurt, milk, banana, spinach, mangos and pineapple until well blended.
- Pour into a glass and enjoy!

## NUTRITION FACTS

Servings Per Recipe: 2  
 Calories 273

Amount Per Serving		Amount Per Serving	
Fat	4 g	Total Carb.	55 g
Saturated Fat	2 g	Dietary Fiber	6 g
Cholesterol	10 mg	Protein	11 g
Sodium	124 mg	Calcium	290 mg





# Chunky Monkey

## SMOOTHIE

**CREATED BY:** Alexia Camacho, Coolidge High School  
**TEACHER:** Cassandra Yeo

### INGREDIENTS

- 1 cup** Ice
- 1** Frozen banana, sliced
- 2 tbsp** Peanut butter, reduced fat
- 2 tbsp** Nutella
- 1 cup** Fat free milk
- 6 oz** Vanilla yogurt fat free

### DIRECTIONS

1. Add ice and sliced bananas to blender.
2. Add peanut butter and Nutella into the blender, then add the milk and yogurt
3. Blend until smooth and place in freezer until ready to serve.

### NUTRITION FACTS

Servings Per Recipe: 2  
Calories 326

Amount Per Serving		Amount Per Serving	
Fat	11 g	Total Carb.	47 g
Saturated Fat	6 g	Dietary Fiber	4 g
Cholesterol	4 mg	Protein	13 g
Sodium	190 mg	Calcium	262 mg





# The Duke OF JUICE

**CREATED BY:** Allison Campbell, Mountain View High School  
**TEACHER:** Becky Yim

## INGREDIENTS

- 1** Large banana
- 1 cup** Mango, frozen
- ½** Avocado
- 1 cup** Low fat (1%) milk
- 1 cup** Greek yogurt plain, fat free
- ½ cup** Orange juice
- 1 tbsp** Chia seeds

## DIRECTIONS

- Put banana, mango, avocado, milk and Greek yogurt into blender
- Add orange juice and chia seeds
- Blend everything together until smooth.
- Add ice if you want a thicker consistency.
- Enjoy your smoothie!

## NUTRITION FACTS

Servings Per Recipe: 2  
 Calories 353

Amount Per Serving		Amount Per Serving	
Fat	9 g	Total Carb.	52 g
Saturated Fat	2 g	Dietary Fiber	8 g
Cholesterol	9 mg	Protein	21 g
Sodium	118 mg	Calcium	365 mg





# Tropical Twist SMOOTHIE

**CREATED BY:** Zachariah Kaczanowski , Ironwood Ridge High School  
**TEACHER:** Jean Gowen

**INGREDIENTS**

- 1 cup

Strawberries
- 1/2

Pineapple
- 2 cup

Fat free vanilla yogurt
- 3

Kiwi
- 1 tbsp

Honey

**DIRECTIONS**

1.

Carefully slice rind off pineapple, removing all brown spots exposing the yellow flesh.
2.

Cut around the circular core of the pineapple. Throw the core away and cut remaining pineapple into chunks.
3.

Peel the kiwis.
4.

Cut stems off strawberries.
5.

Put all ingredients into a blender.
6.

Blend until smooth.

**NUTRITION  
FACTS**

Servings Per Recipe: 2  
Calories 335

Amount Per Serving		Amount Per Serving	
Fat	1 g	Total Carb.	78 g
Saturated Fat	0 g	Dietary Fiber	8 g
Cholesterol	5 mg	Protein	12 g
Sodium	141 mg	Calcium	405 mg





# Spiced Fall SMOOTHIE

**CREATED BY:** Calyn Morris, Mountain View High School  
**TEACHER:** Becky Yim

## INGREDIENTS

- 1 cup** Pumpkin, canned
- 1 tbsp** Honey
- ¾ cup** Greek yogurt, plain; fat free
- ½ tsp** Pumpkin pie spice
- ⅔ cup** Fat free milk
- 1** Banana, frozen, sliced
- ¼ cup** Oats, uncooked
- 6** Ice cubes

## DIRECTIONS

1. Add all ingredients to blender.
2. Blend until smooth (about a minute and half)
3. Pour your delicious Pumpkin Spice Smoothie into 2 mason jars add 2 straws and sip up!

## NUTRITION FACTS

Servings Per Recipe: 2  
Calories 230

Amount Per Serving		Amount Per Serving	
Fat	1 g	Total Carb.	46 g
Saturated Fat	0 g	Dietary Fiber	6 g
Cholesterol	3 mg	Protein	13 g
Sodium	255 mg	Calcium	212 mg





# Pineapple Chia SMOOTHIE

**CREATED BY:** Parker Sage, Flagstaff High School  
**TEACHER:** Patti Pastor

**INGREDIENTS**

- 1 cup

Milk 1%
- 2 tsp

Chia seeds
- ¾ cup

Greek yogurt plain
- 2 tbsp

Agave syrup
- ½ cup

Frozen pineapple
- 1 ½ cup

Spinach
- ½ cup

Frozen strawberries

**DIRECTIONS**

1. Add all ingredients into blender and blend until smooth.

**NUTRITION  
FACTS**

Servings Per Recipe: 2  
Calories 238

Amount Per Serving		Amount Per Serving	
Fat	3 g	Total Carb.	39 g
Saturated Fat	1 g	Dietary Fiber	4 g
Cholesterol	8 mg	Protein	16 g
Sodium	115 mg	Calcium	324 mg





# Trifecta SMOOTHIE

**CREATED BY:** Jared Witte, Paradise Valley High School

**TEACHER:** Patty Nadzieja

## INGREDIENTS

**2 cups** Fat free milk

**1 ½ tsp** Ground flax seed

**3 cups** Frozen strawberries

**¼ cup** Frozen blueberries

**2 ½** Frozen bananas extra small 6 inches or less

## DIRECTIONS

1. Add all ingredients into blender and blend until smooth

## NUTRITION FACTS

Servings Per Recipe: 2

Calories 309

Amount Per Serving		Amount Per Serving	
Fat	2 g	Total Carb.	68 g
Saturated Fat	0 g	Dietary Fiber	11 g
Cholesterol	5 mg	Protein	11 g
Sodium	111 mg	Calcium	363 mg





## CAREERS THROUGH CULINARY ARTS PROGRAM

Careers through Culinary Arts Program (C-CAP) works with public schools across the country to prepare undeserved high school students for college and career opportunities in the restaurant and hospitality industry. C-CAP Arizona is part of this national program supporting culinary arts classes across the state. For more information, visit [www.ccapinc.org](http://www.ccapinc.org)

## DAIRY COUNCIL® OF ARIZONA

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## ACKNOWLEDGMENTS

This program would not have been possible without the tireless efforts of the following:

Nicole Swartz  
C-CAP Alumni, Culinary Coordinator, C-CAP Arizona

Luke Cornelius  
Chef, C-CAP Alumni

Jelani Port  
Chef, C-CAP Alumni

Heidi Jaenicke  
C-CAP Alumni

Rocco Cardinale  
Vice President, Franklin Foods West

Jill Smith  
Arizona Director, Careers through Culinary Arts Program (C-CAP)

Gina Kent Verason  
Gina Marie Photography







CAREERS THROUGH CULINARY ARTS PROGRAM