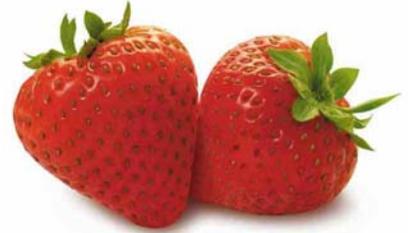


California Milk Advisory Board

<http://www.gotmilk.com>

Berry Fiesta

- 1 cup cold nonfat California milk
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 2 teaspoons sugar
- 1/8 teaspoon cinnamon
- 4 ice cubes



Place all ingredients in blender or food processor and blend until smooth and frothy.

Serve immediately.

Banana Crème

- 1 cup cold nonfat California milk
- 1 ripe banana, cut into chunks
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon cinnamon
- 4 ice cubes

Place all ingredients in blender or food processor and blend until smooth and frothy.

Serve immediately.

Piña Licuado

- 1 cup cold nonfat California milk
- 1 cup fresh pineapple cubes, or canned crushed pineapple
- 1/4 cup coconut milk
- 1 teaspoon vanilla extract
- 1 teaspoon honey
- 4 ice cubes



Place all ingredients in blender or food processor and blend until smooth and frothy.

Serve immediately.

California Woolgrowers Association & Superior Farms

<http://www.woolgrowers.org>

<http://www.superiorfarms.com>

Blue Cheese Lamb Patties

4 servings

Preparation time: 10 minutes

Cook time: 9 minutes

1 pound ground lamb

¼ cup finely chopped onion

2 tablespoons ketchup

1 teaspoon Worcestershire sauce

¼ teaspoon pepper

½ cup crumbled blue cheese, divided

In bowl, combine lamb, onion, ketchup, Worcestershire sauce and pepper. Shape into 8 thin patties. Place 1 tablespoon blue cheese on each of 4 patties. Cover with remaining 4 patties; seal edges. Place on broiler rack 3 to 4 inches from heat source. Broil 6 minutes; turn and broil 3 minutes, or until no longer pink inside. Top with remaining blue cheese. Recipe provided by the American Lamb Board.

California Rice Commission

<http://www.calrice.org>

California Rice Pudding

3 cups 2% low-fat milk
1 large stick cinnamon
1 cup uncooked medium-grain Calrose rice
1 ½ cups water
½ teaspoon salt
Peel of an orange or lemon
¾ cup sugar
¼ cup raisins



Heat milk and cinnamon in small saucepan over medium heat until milk is infused with flavor of cinnamon, about 15 minutes.

Combine rice, water, and salt in 2- to 3-quart saucepan. Bring to a boil; stir once or twice. Place orange peel on top of rice. Reduce heat; cover and simmer 15 minutes or until rice is tender and liquid is absorbed.

Remove and discard orange peel. Strain milk and stir into cooked rice. Add sugar and simmer 20 minutes or until thickened, stirring often. Add raisins; simmer 10 minutes. Serve hot. To reheat, add a little milk to restore creamy texture.

California Sheep Commission

<http://www.californialamb.com>

California Lamb Pizza Pocket

2 teaspoons olive oil
½ pound ground California lamb
2 cloves garlic, finely chopped
½ cup prepared pizza sauce, divided
2 tablespoons grated Parmesan cheese
2 tablespoons chopped olives
2 tablespoons finely chopped green pepper
2 tablespoons finely chopped red onion
2 teaspoons capers
¼ teaspoons red pepper flakes
1 package (10 ounces) refrigerated pizza dough

In skillet, heat 1 teaspoon oil, add lamb and garlic and cook, stirring until no pink shows. Spoon onto plate lined with paper towel to drain well. Cool to room temperature. In small bowl, combine cooled lamb mixture with 3 tablespoons pizza sauce, cheese, olives, green pepper, onion, capers and pepper flakes; mix well and set aside. On lightly floured board, roll out pizza dough to a 14 x 10-1/2-inch rectangle. Cut into half crosswise and into thirds lengthwise to make six 7 x 3-1/2 - inch rectangles. Brush half of each rectangle with pizza sauce, leaving ¼-inch edges. Top each with ¼ cup lamb mixture and drizzle with pizza sauce. Brush edges of crust with water, fold over, and using a fork, crimp and seal. Brush tops of pizza pockets with 1 teaspoon olive oil. Place on baking sheet and bake in 425 degree F oven for 12 to 15 minutes until golden brown.

Fresh Producers

<http://www.freshproducers.org>

Refreshing Mango-Berry Salad

1 cup fresh Blueberries (washed & drained)
4 cups cubed, ripe Mango
2 tablespoons finely chopped crystallized Ginger



Ginger-Lime Syrup

In a 1 to a 1 ½ quart pan, combine;
1 & ½ cups water
1 cup sugar
10 slices, un-peeled fresh Ginger
5 slices, ¼ inch thick Lime

Simmer until liquid is infused with Ginger flavor and reduced by half.
Remove from heat and cool to room temperature.

Combine fruit and crystallized Ginger-Lime syrup in serving bowl and toss with gentle love.

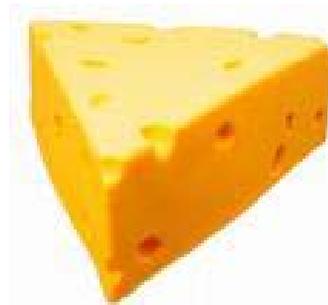
Dairy Council of California

<http://www.dairycouncilofca.org>

Mom's Macaroni and Cheese

Bring comfort food back to the dinner table with this classic dinner dish. It's also an excellent source of calcium!

1 cups elbow macaroni
2 tbsp butter
2 tbsp flour
2 cups nonfat milk
1 ½ cups grated reduced fat cheddar cheese
salt and pepper to taste



Bring 6 cups of water to a rolling boil, add macaroni and cook until just tender. Drain. Meanwhile, melt butter in saucepan over low heat; add flour and stir for about 3 minutes, until frothy. Slowly whisk in milk (which can be pre-heated in the microwave) and stir over medium high until it thickens but does not boil.

Remove from heat and stir in grated cheese, salt and pepper. Stir in macaroni. Pour into baking dish and bake at 350 for 20-30 minutes.