

# 2014 MILK CALENDAR

Dairy farmers across Canada share their favourite recipes.



# BAKE IT EASY WITH MILK



## Pumpkin Spice Snacking Cake

Pumpkin isn't just for holidays and pie any more. This moist snacking cake is a fabulous colour, tender and moist and delicately spiced.

2 cups (500 mL) whole wheat flour  
1 cup (250 mL) all-purpose flour  
1/2 cup (125 mL) unsalted green pumpkin seeds, chopped (optional)  
2 tsp (10 mL) ground cinnamon  
2 tsp (10 mL) ground ginger  
1-1/2 tsp (7 mL) baking powder  
3/4 tsp (3 mL) salt  
1/2 tsp (2 mL) baking soda  
1/2 cup (125 mL) butter, softened  
1 cup (250 mL) packed brown sugar  
2 eggs  
1 cup (250 mL) canned pumpkin purée  
2/3 cup (150 mL) plain yogurt (not fat-free)  
2 tsp (10 mL) vanilla extract  
1 cup (250 mL) milk

**1.** Preheat oven to 350°F (180°C). Line a 13 x 9-inch (3 L) metal cake pan with parchment paper or foil; butter foil, if using. **2.** In a bowl, whisk together whole wheat flour, all-purpose flour, pumpkin seeds (if using), cinnamon, ginger, baking powder, salt and baking soda. In a large bowl, using an electric mixer, beat butter, sugar and eggs until well blended; beat in pumpkin, yogurt and vanilla. Using a spoon, stir in dry ingredients alternating with milk, making 3 additions of dry and 2 of milk, just until incorporated. **3.** Spread into prepared pan, smoothing top. Bake for about 40 min or until tester inserted in the centre comes out clean. Let cool in pan on a rack for 30 min. Invert onto a cutting board, peel off paper, then invert back onto rack to cool completely.

**Prep: 10 to 15 min • Bake: 40 min • 12 to 16 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 214 cal | Protein: 5 g | Carbohydrate: 34 g | Fat: 7 g | Fibre: 2.5 g | Sodium: 193 mg | Calcium: 8 % / 92 mg

## Raspberry Almond Muffins

Fresh raspberries burst with flavour in tender muffins that you won't believe are made with whole wheat flour.

2 cups (500 mL) whole wheat flour  
1/2 cup (125 mL) ground almonds  
1-1/2 tsp (7 mL) baking powder  
1/4 tsp (1 mL) baking soda  
1/4 tsp (1 mL) salt  
1 egg  
2/3 cup (150 mL) granulated sugar or liquid honey  
1-1/4 cups (300 mL) milk  
1/3 cup (75 mL) plain yogurt (not fat-free)  
1/4 cup (60 mL) butter, melted  
1 tsp (5 mL) vanilla extract  
1-1/2 cups (375 mL) fresh or frozen raspberries  
1/2 cup (125 mL) chopped or sliced almonds  
12 whole almonds

**1.** Preheat oven to 375°F (190°C). Butter nonstick muffin pans or line with paper liners. **2.** In a large bowl, whisk together whole wheat flour, ground almonds, baking powder, baking soda and salt. In another bowl, whisk together egg, sugar, milk, yogurt, butter and vanilla. Pour over dry ingredients; sprinkle with raspberries and chopped almonds and stir just until moistened. **3.** Spoon into prepared muffin pan; lightly press a whole almond on top of each. Bake for about 25 min or until tops are firm to the touch. Let cool in pan for 5 min. Transfer to rack to cool completely.

**Prep: 10 min • Bake: 25 min • 12 muffins**

NUTRITIONAL VALUE PER SERVING: Energy: 228 cal | Protein: 6 g | Carbohydrate: 31 g | Fat: 10 g | Fibre: 4.2 g | Sodium: 144 mg | 10 % / 115 mg



## Three Seed Yogurt Muffins

Tasty muffins chock full of colourful and crunchy seeds make a satisfying breakfast with a glass of milk and a piece of fresh fruit.

1 cup (250 mL) whole wheat flour  
2/3 cup (150 mL) all-purpose flour  
1/2 cup (125 mL) wheat germ  
1/2 cup (125 mL) unsalted green pumpkin seeds  
1/2 cup (125 mL) unsalted roasted sunflower seeds  
2 tbsp (30 mL) flax seeds, cracked  
2 tsp (10 mL) baking powder  
1 tsp (5 mL) ground ginger or cinnamon  
1/4 tsp (1 mL) baking soda  
1/4 tsp (1 mL) salt  
1 egg  
1 cup (250 mL) milk  
2/3 cup (150 mL) liquid honey or packed brown sugar  
1/2 cup (125 mL) plain yogurt (not fat-free)  
1/4 cup (60 mL) butter, melted  
**Topping:**  
1 tbsp (15 mL) each, unsalted green pumpkin seeds and roasted sunflower seeds

**1.** Preheat oven to 375°F (190°C). Butter nonstick muffin pans or line with paper liners. **2.** In a large bowl, whisk together whole wheat flour, all-purpose flour, wheat germ, pumpkin seeds, sunflower seeds, flax seeds, baking powder, ginger, baking soda and salt. In another bowl, whisk together egg, milk, honey, yogurt and butter. Pour over dry ingredients; stir just until moistened. **3.** Spoon into prepared muffin pan; sprinkle tops with pumpkin seeds and sunflower seeds. Bake for about 25 min or until tops are firm to the touch. Let cool in pan for 5 min. Transfer to rack to cool completely.

**Prep: 10 min • Bake: 25 min • 12 muffins**

NUTRITIONAL VALUE PER SERVING: Energy: 269 cal | Protein: 8 g | Carbohydrate: 35 g | Fat: 12 g | Fibre: 3.3 g | Sodium: 87 mg | Calcium: 9 % / 103 mg

## Chocolate Orange Cheesecake Swirl Brownies

Make all-time-favourite brownies better! Mix in a cream cheese swirl flavoured with fresh orange and you have moist, fudgy chocolate brownies and cheesecake all in one!

**Cheesecake:**  
8 oz (250 g) brick-style Canadian cream cheese, softened  
1/2 cup (125 mL) granulated sugar  
2 tbsp (30 mL) all-purpose flour  
1 egg  
2 tbsp (30 mL) grated orange zest (from 2 to 3 oranges)  
1/3 cup (75 mL) orange juice  
1 tsp (5 mL) vanilla extract  
**Brownie Batter:**  
1 cup (250 mL) milk  
3/4 cup (175 mL) butter, cut into cubes  
1-2/3 cups (400 mL) granulated sugar  
1 cup (250 mL) unsweetened cocoa powder  
2 eggs  
1/4 cup (60 mL) orange juice  
2 tsp (10 mL) vanilla extract  
1-3/4 cups (425 mL) all-purpose flour  
1/2 tsp (2 mL) salt

**1.** Preheat oven to 350°F (180°C). Line a 13 x 9-inch (3 L) metal baking pan with foil, leaving 2 inches (5 cm) overhang at each end; lightly butter foil. **2.** Cheesecake: In a large bowl, using an electric mixer, beat cream cheese and sugar until smooth. Beat in flour until blended, then beat in egg, orange zest, orange juice and vanilla. Set aside. **3.** Brownie Batter: In a large saucepan, combine milk and butter; heat over medium heat, stirring often, for about 3 min until milk is warm and butter is melted. Alternatively, heat in a glass measuring cup in microwave on Medium (50%) power for 3 to 4 min. Remove from heat. **4.** In a large bowl, whisk together sugar and cocoa powder; gradually whisk in warm milk mixture until blended. Whisk in eggs, orange juice and vanilla. Sprinkle flour and salt over top; whisk until blended. **5.** Spread about two-thirds of brownie batter into prepared pan; smooth top. Pour cheesecake batter evenly over top. Drop remaining brownie batter in dollops over top and swirl with the tip of a knife. **6.** Bake for about 35 min or until edges are set and a few moist crumbs cling to tester inserted in centre. Let cool completely in pan on rack. Using foil overhang as handles, transfer to cutting board and cut into squares.

**Prep: 30 min • Cook/Bake: 40 min • 24 brownies**

NUTRITIONAL VALUE PER SERVING: Energy: 219 cal | Protein: 4 g | Carbohydrate: 29 g | Fat: 11 g | Fibre: 1.5 g | Sodium: 88 mg | Calcium: 3 % / 35 mg





# DECEMBER 2013

## CRISPY-TOPPED VEGETABLE CASSEROLE

***'This delicious veggie dish is a family favourite. We cook it up in a big pan, and there are never any leftovers!'*** — Josh E. Hofer

- 2 cups (500 mL) each chopped carrots, cauliflower and broccoli
- 3 tbsp (45 mL) butter, divided
- 1 small onion, chopped
- 2 tbsp (30 mL) all-purpose flour
- Salt and pepper
- 1 cup (250 mL) milk
- 6 oz (175 g) brick-style cream cheese (3/4 pkg), cut into cubes
- 2/3 cup (150 mL) fresh bread crumbs
- 2 tbsp (30 mL) grated Canadian Parmesan cheese

1. Preheat oven to 350°F (180°C). Butter an 8-cup (2 L) shallow baking dish.
2. Place carrots in a large saucepan; add water to cover by 3 inches (7.5 cm) and bring to a boil over high heat. Cover, reduce heat to medium and boil gently for 5 minutes or until starting to soften. Add cauliflower, then broccoli; cover,

leaving lid slightly ajar, and boil gently for about 5 min or until vegetables are tender-crisp. Drain well and place in buttered dish. **3.** Meanwhile, in a medium saucepan, melt 1 tbsp (15 mL) of the butter over medium heat; sauté onion for about 5 min or until softened. Add 1 tbsp (15 mL) butter and stir until melted. Sprinkle in flour, salt and pepper to taste; cook, stirring, for 2 min. Gradually pour in milk, whisking constantly. Cook, whisking, for about 3 min or until thick and bubbly. **4.** Reduce heat to low; add cream cheese and stir until smooth. Pour over vegetables in dish; stir gently to coat evenly. Bake for 20 min. **5.** Melt remaining butter and toss with bread crumbs and Parmesan cheese; sprinkle over casserole. Bake for 10 to 15 min or until crisp and golden.

**Prep: 20 min • Cook: 50 to 55 min • 4 servings**

**Cooking Tip:** Be sure to cook the vegetables just slightly in the boiling water since they will cook further in the sauce in the oven. If you want to use frozen vegetables, thaw then drain them and skip step 2. Reduce the baking time to 15 minutes before adding the topping.

**Variation:** Use 6 cups (1.5 L) of one of the suggested vegetables and/or add 3 cloves minced garlic with the onion.

\*NUTRITIONAL VALUE PER SERVING: Energy: 410 cal | Protein: 11 g | Carbohydrate: 33 g | Fat: 27 g | Fibre: 5.0 g | Sodium: 448 mg | Calcium: 21 % / 235 mg

\*Note: The daily value (DV) is established by Health Canada and corresponds to the daily quantity recommended for each nutrient. The percentage of the daily value (% DV) indicates the proportion of the nutrient provided by a serving of the recipe, in comparison with the quantity recommended.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 ● New Moon	3	4	5 Hanukkah Ends	6	7	
8	9 ● First Quarter	10	11	12	13	14	
15	16	17 ○ Full Moon	18	19	20	21 First Day of Winter	
22	23	24	25 Christmas Day ● Last Quarter	26 Boxing Day	27	28	
29	30	31	<small>This calendar is based on Eastern Standard Time, adjusted when necessary for Daylight Saving. Lunar phases are shown on the night of their occurrences.</small> ● New Moon      ○ Full Moon ● First Quarter      ○ Last Quarter		<small>'We're very proud of the products we make, and we enjoy every minute working on the farm.'</small> <b>Josh E. Hofer,</b> Downie Lake Colony Maple Creek, Saskatchewan		 For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a>



# JANUARY 2014

## CURRIED SQUASH & APPLE SOUP

***'This recipe is a family favourite because we grow most of the ingredients ourselves! Squash is healthy, tasty and easy to grow, plus I love sharing it with our neighbours and friends.'*** – Marian Mac Iellan

- 1 tbsp (15 mL) butter
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 tsp (10 mL) curry powder
- 1 medium butternut or large acorn squash, peeled and chopped (about 6 cups/1.5 L)
- 2 apples, peeled and chopped
- 2 cups (500 mL) reduced-sodium chicken broth
- 2 cups (500 mL) milk, warmed
- Salt and pepper

**1.** In a large pot, melt butter over medium heat. Add onion and garlic; sauté for about 5 min or until softened. Stir in curry powder, squash and apples; sauté for 2 min. Add chicken broth, cover and bring to a boil. Reduce heat to medium-low and simmer, covered, for 15 to 20 min or until squash and apples are soft. **2.** Using an immersion blender in pot or transferring soup in batches to an upright blender, purée until smooth. Return to pot, if necessary. **3.** Stir in warm milk and reheat soup over medium heat, stirring, until steaming (do not let boil). Season to taste with up to 1/2 tsp (2 mL) salt and pepper. Ladle into warmed bowls and garnish with fresh herbs if desired.

**Prep: 15 min • Cook: 35 min • 6 to 8 servings**

**Cooking Tip:** Choose a squash that feels heavy for its size and has firm, smooth skin with no sign of wrinkling for the best texture and flavour.

**Variation:** Add 1 to 2 large carrots, chopped, with the cauliflower in step 1. For an extra cheese flavour, use a Canadian old or extra-old Cheddar or use Canadian Gouda or Swiss cheese in place of the Cheddar.

NUTRITIONAL VALUE PER SERVING: Energy: 123 cal | Protein: 4 g | Carbohydrate: 23 g | Fat: 3 g | Fibre: 3.1 g | Sodium: 192 mg | Calcium: 13 % / 138 mg

MILK FACT: For children 2 to 8, Canada's Food Guide recommends 2 servings of Milk & Alternatives every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>'We've farmed for 28 years, and we're about to pass on the farm to a new family. We're overjoyed that they'll continue the traditions we've worked so hard to build.'</i></p> <p><b>Marian Mac Iellan,</b> Misty Hills Farm Antigonish, Nova Scotia</p>		 <p>For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>	<p><b>1</b></p> <p>New Year's Day ● New Moon</p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
		<p>● First Quarter</p>				
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
		<p>Mawlid al-Nabi (Muhammad's Birthday)</p>	<p>○ Full Moon</p>	<p>London Wine &amp; Food Show (London, ON) Jan. 16-18</p>		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
					<p>● Last Quarter</p>	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
				<p>● New Moon</p>	<p>Chinese New Year</p>	<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p>

\*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)



# FEBRUARY

## FARM-FAVOURITE OATMEAL PANCAKES

*'These delicious pancakes make for a satisfying and filling breakfast that will keep you energized all morning! We top them with yogurt and fresh fruit for a healthy start to the day.'* – Juliann Blaser Lindenbach

1-1/2 cups (375 mL) quick-cooking rolled oats
2 cups (500 mL) milk
1/2 cup (125 mL) whole wheat flour
1/2 cup (125 mL) all-purpose flour
1 tbsp (15 mL) packed brown sugar
1 tbsp (15 mL) baking powder
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) ground cinnamon
2 eggs, beaten
1/4 cup (60 mL) butter, melted
Butter for cooking

- In a large bowl, combine rolled oats and milk. Let stand 5 minutes.
  - In a large bowl, whisk together whole wheat flour, all-purpose flour, sugar, baking powder, salt and cinnamon.
  - Whisk eggs and 1/4 cup (60 mL) butter into milk mixture until blended. Pour over flour mixture and stir just until combined.
  - Heat a large nonstick skillet over medium heat. Brush with a thin layer of butter. Ladle about 1/4 cup (60 mL) batter per pancake into skillet. Cook for 2 to 3 min or until bottoms are golden and edges look dry; turn and cook for 1 to 2 min longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning and buttering pan between batches.
- Prep: 10 min • Cook: 3 to 5 min per batch • 24 pancakes**

**Tip for Kids:** Sprinkle a few chocolate chips over the batter just as you pour it into the pan for a treat!

**Cooking Tip:** Let extra pancakes cool on a wire rack then layer with waxed or parchment paper and freeze in a resealable bag for up to 1 month. Pop in the toaster for a quick, weekday breakfast.

NUTRITIONAL VALUE PER SERVING: Energy: 93 cal | Protein: 3 g | Carbohydrate: 12 g | Fat: 4 g | Fibre: 1.4 g | Sodium: 116 mg | Calcium: 6 % / 69 mg

MILK FACT: For children 9 to 13, Canada's Food Guide recommends 3 to 4 servings of Milk & Alternatives every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>'In 2014, our family will be celebrating 100 years of farming and breeding purebred, quality Holsteins!'</i>  <b>Juliann Blaser Lindenbach,</b>  <b>Robella Holsteins</b>  <b>Balgonie, Saskatchewan</b></p>	 <p>See our recipes come to life with cooking videos posted online!  <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>			<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p> <p><small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small></p>	 <p>ELEMENTARY SCHOOL MILK PROGRAM  <a href="http://milk-in-school.ca">milk-in-school.ca</a></p>	
2	3	4	5	6	7	8
Groundhog Day				☾ First Quarter		
9	10	11	12	13	14	15
					<p>St. Valentines Day            Festival du Voyageur (Manitoba)            Feb. 14-23            ☉ Full Moon</p>	<p>National Flag Day of Canada</p>
16	17	18	19	20	21	22
	<p>Family Day (ON, AB, BC &amp; SK)            Louis Riel Day (Manitoba)</p>					☾ Last Quarter
23	24	25	26	27	28	



# MARCH

## FETTUCCINE ALFREDO WITH CHICKEN AND VEGETABLES

*'This recipe is one of our favourite mains, and it's also great for company! We cook it up an hour or two early, keeping it warm in the crockpot, and add the sour cream and tomato when it's time to serve. What could be easier than that?'* – Henry Stam

- 2 tbsp (30 mL) butter, divided
- 2 boneless skinless chicken breasts (about 12 oz/375 g), cut into thin strips
- 2 cloves garlic, minced
- 1 tbsp (15 mL) dried Italian seasoning
- 10 oz (300 g) fettuccine pasta
- 1 small onion, diced
- 4 to 5 small mushrooms, sliced
- 2 tbsp (30 mL) all-purpose flour
- 1/2 tsp (2 mL) pepper and 1/4 tsp (1 mL) salt
- 2 cups (500 mL) milk
- 1/2 cup (125 mL) 10% half-and-half cream
- 1 cup (250 mL) shredded Canadian Mozzarella cheese

- 1/3 cup (75 mL) grated Canadian Parmesan cheese
- 2 tomatoes, diced
- 1/2 cup (125 mL) sour cream

**1.** In a large skillet, melt 1 tbsp (15 mL) of the butter over medium-high heat; sauté chicken, garlic and Italian seasoning for about 8 min or until chicken is browned and no longer pink inside. Transfer to a bowl; set aside. **2.** Meanwhile, in a large pot of boiling, salted water, cook pasta for about 10 min or until al dente, or according to package directions. **3.** Return skillet to medium-high heat; add butter. Sauté onions and mushrooms over medium-high heat, for about 5 min or until onions are translucent. Sprinkle with flour; stir in pepper and salt and cook, stirring, for 2 min. Gradually stir in milk and cream; cook, stirring, for about 5 min or until creamy, smooth and thickened. Remove from heat; stir in Mozzarella and Parmesan cheeses. **4.** Drain pasta and return to pot. Pour in sauce, reserved chicken, tomatoes and sour cream and toss to coat.

**Prep: 15 min • Cook: 25 min • 4 servings**

**Variation:** Add steamed broccoli or sliced sweet red and green peppers to add bright colour to a wonderful dish!

NUTRITIONAL VALUE PER SERVING: Energy: 733 cal | Protein: 47 g | Carbohydrate: 74 g | Fat: 27 g | Fibre: 3.9 g | Sodium: 627 mg | Calcium: 45 % / 500 mg

MILK FACT: For teens 14 to 18, Canada's Food Guide recommends 3 to 4 servings of Milk & Alternatives every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>'Dairy farming is in our blood - we farm with our two sons, their families and our two daughters! It's a ton of work, but it's worth it.'</i> <b>Henry Stam,</b> Rehoboth Farms Grunthal, Manitoba	 For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a>		Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a> <small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small>	 <a href="http://www.dietitians.ca">www.dietitians.ca</a>	
2	3	4	5	6	7	8
		Shrove Tuesday (Pancake Day)	London Farm Show (London, ON) Mar. 5-7 Ash Wednesday		PEI Provincial Home Show (Charlottown, PEI) Mar. 7-9	International Women's Day 
9	10	11	12	13	14	15
Daylight Saving Time Begins (except in Saskatchewan)		Ottawa Valley Farm Show (Ottawa, ON) Mar. 11-13				
16	17	18	19	20	21	22
	St. Patrick's Day Holi (Hindu Holiday)			First Day of Spring		
23	24	25	26	27	28	29
						
30	31					
	Royal Manitoba Winter Fair (Brandon, MB) Mar. 31-Apr. 5					



# APRIL

## GARLIC CHEDDAR BISCUITS

***'My cheddar biscuits are perfect as a quick snack before milking, or with a hearty bowl of chilli on a cold day. They freeze well, so I bake a double batch to save time!'*** – Meaghan Thornhill

2 cups (500 mL) all-purpose flour
2 tbsp (30 mL) baking powder
1/2 tsp (2 mL) cream of tartar
1/2 tsp (2 mL) granulated sugar
1/2 tsp (2 mL) salt
1/2 cup (125 mL) cold butter, cubed
1 cup (250 mL) shredded Canadian old Cheddar, Marble or Monterey Jack cheese
1/3 cup (75 mL) chopped green onions
1 cup (250 mL) milk
<b>Topping:</b>
2 tbsp (30 mL) butter, melted
1/4 tsp (1 mL) garlic powder

**1.** Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper. **2.** In a large bowl, combine the flour, baking powder, cream of tartar, sugar and salt. Using a pastry blender or two knives, cut in butter until crumbly. Stir in cheese and green onions. Slowly add the milk, stirring with a fork, until the batter reaches a soft dough consistency. **3.** On a lightly floured surface, knead dough gently 3 to 4 times until it holds together. Roll out to 3/4-inch (2 cm) thickness. Cut into squares or use a 3-inch (7.5 cm) cookie cutter for fun-shaped biscuits; reroll scraps once to make about 12 biscuits. Place at least 2 inches (5 cm) apart on prepared baking sheet. **4.** Topping: In a small bowl, combine melted butter and garlic powder; brush biscuits with half of the mixture. **5.** Bake for 12 min or until starting to brown. Brush with remaining butter mixture. Bake for an additional 2 to 3 min or until golden brown. Best served warm!

**Prep: 15 to 20 min • Bake: 14 to 15 min • 12 biscuits**

**Cooking Tip:** Double the recipe to make 24 biscuits, baking in upper and lower thirds of the oven and rotating the pans among racks halfway through baking.

NUTRITIONAL VALUE PER SERVING: Energy: 212 cal | Protein: 5 g | Carbohydrate: 18 g | Fat: 13 g | Fibre: 0.6 g | Sodium: 391 mg | Calcium: 21 % / 235 mg

MILK FACT: For adults 19 to 50, Canada's Food Guide recommends 2 servings of Milk & Alternatives every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>'I grew up a city girl, but luckily fell in love with Laughlin, a sixth-generation dairy farmer. Now I can't imagine life without my cows!'</i></p> <p><b>Meaghan Thornhill,</b> Harbourfront Holsteins &amp; Jezebel Jerseys Antigonish, Nova Scotia</p>		<p><b>1</b></p> <p>April Fool's Day</p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p> <p>The Good Food &amp; Drink Festival (Toronto, ON) Apr. 4–6</p>	<p><b>5</b></p> <p>Edmonton Woman's Show (Edmonton, AB) Apr. 5–6</p>
<p><b>6</b></p>	<p><b>7</b></p> <p>☾ First Quarter</p>	<p><b>8</b></p>	<p><b>9</b></p>	<p><b>10</b></p> <p>Western Canadian Dairy Expo (Saskatoon, SK) Apr. 10–11</p>	<p><b>11</b></p>	<p><b>12</b></p>
<p><b>13</b></p> <p>Palm Sunday</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>Passover Starts ☉ Full Moon</p>	<p><b>16</b></p>	<p><b>17</b></p>	<p><b>18</b></p> <p>Good Friday</p>	<p><b>19</b></p>
<p><b>20</b></p> <p>Easter Orthodox Easter</p>	<p><b>21</b></p> <p>Easter Monday</p>	<p><b>22</b></p> <p>Earth Day Passover Ends ☾ Last Quarter</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>Waterloo Region Food &amp; Drink Show (Kitchener, ON) Apr. 24–26 Taste of Spring (Regina, SK) Apr. 24–26</p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p> <p>☉ New Moon</p>	<p><b>30</b></p>	 <p><b>milk-in-school.ca</b></p>	<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p> <p><small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small></p>	 <p>For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>



# MAY

## BAKED NUTTY BERRY FRENCH TOAST

*'This recipe is special because my mother made it as an Easter treat the year she passed away. I treasure all her recipes – they bring back great memories of my family in the kitchen and of sharing meals around the table.'* – Catherine Agar

- 6 thick slices bread (about 3/4-inch/2 cm), preferably whole wheat
- 4 eggs
- 3/4 cup (175 mL) packed brown sugar, divided
- 1/4 tsp (1 mL) each, ground nutmeg and cinnamon
- 2 cups (500 mL) milk
- 1 tsp (5 mL) vanilla extract
- 1 cup (250 mL) chopped pecans
- 1/4 cup (60 mL) butter, melted
- 4 cups (1 L) mixed berries (thawed and drained if frozen)

**1.** Butter a 13 x 9-inch (3 L) glass baking dish. Arrange bread in single layer in dish. **2.** In a large bowl, whisk together eggs, 1/2 cup (125 mL) of the sugar, nutmeg and cinnamon until blended; whisk in milk and vanilla. Pour evenly over bread. Cover and refrigerate for at least 6 hours or overnight. **3.** Preheat oven to 400°F (200°C). **4.** In a small bowl, combine remaining 1/4 cup (60 mL) sugar, pecans and melted butter. Spread berries evenly over bread mixture; sprinkle with pecan mixture. **5.** Bake for 35 to 40 min or until bread is puffed in the centre and fruit is bubbling.

**Prep: 10 min • Refrigerate: 6 to 12 hrs • Bake: 35 to 40 min • 8 servings**

**Cooking Tip:** Buy a loaf of dense, bakery-style bread and cut thick slices. If the loaf is fresh-baked, let them dry at room temperature for a couple of hours before assembling the dish. Better yet, use bread that is a day or two old (but not stale or spoiled).

**Tip for Kids:** This is a recipe that even kids can prepare (with supervision for younger ones) to make a special treat for the family. Cracking eggs, measuring, whisking, pouring and sprinkling are easy techniques for even the youngest budding chefs.

NUTRITIONAL VALUE PER SERVING: Energy: 405 cal | Protein: 11 g | Carbohydrate: 46 g | Fat: 21 g | Fibre: 6.2 g | Sodium: 188 mg | Calcium: 15 % / 160 mg

MILK FACT: For adults over 50, Canada's Food Guide recommends 3 servings of Milk & Alternatives every day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>'We're proud of our cows, our high quality milk, and our three beautiful children who love the farm as much as we do.'</i></p> <p><b>Catherine Agar,</b> Kouwenberg Dairy Inc. Salford, Ontario</p>		 <p>See our recipes come to life with cooking videos posted online! <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>	<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p> <p><small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small></p>	1	2	3
4	5	6	7	8	9	10
		 First Quarter			Niagara Wine & Food Festival (Niagara, ON) May 2–4  Fabulous for Life Show (Vancouver, BC) May 9–11	
11	12	13	14	15	16	17
Mother's Day			 Full Moon			
18	19	20	21	22	23	24
	Victoria Day		Calgary International Children's Festival (Alberta) May 21–24  Last Quarter		Downhome Expo (St. John's, NL) May 23–25	
25	26	27	28	29	30	31
Teddy Bears' Picnic (Winnipeg, MB)		St. Albert International Children's Festival (Alberta) May 27–31	 New Moon		Eat! Vancouver (Vancouver, BC) May 30–Jun. 1	



# JUNE

## STRAWBERRIES & POTTED CREAM

*'It's important to us to use quality Canadian dairy products – like the cream in this recipe! A fresh treat on a warm summer's day, this dessert tastes even more delicious than it looks. As our son grows, we know it will become a favourite for him, too.'* – Nichele & Gerhardus Steenbeek

- 1 envelope (7 g) gelatin (1 tbsp/15 mL)
- 1/4 cup (60 mL) cool water
- 2 cups (500 mL) 35% whipping cream
- 1 cup (250 mL) milk
- 1/2 tsp (2 mL) vanilla extract
- 5 tbsp (75 mL) granulated sugar, divided
- 1-1/2 cups (375 mL) strawberries

1. In a bowl, sprinkle gelatin over cool water; let stand for 5 min to soften.
2. In a saucepan, combine cream, milk, 1/4 cup (60 mL) of the sugar and vanilla. Bring to a simmer over medium heat, stirring often. Pour over gelatin mixture and stir well until gelatin is dissolved.
3. Pour into 6 to 8 jars, glasses or dessert dishes. Cover with plastic wrap and refrigerate for 2 to 3 hrs or until set, or for up to 2 days.
4. When ready to serve, in a bowl, using a potato masher or a fork, mash strawberries and remaining sugar together and spoon on top of cream in dishes.

**Prep: 10 min • Refrigerate: 2 to 3 hrs • 6 to 8 servings**

**Tip for Kids:** Make mini desserts using liqueur glasses or fun-coloured small dishes. Sprinkle some mini chocolate chips on top of the strawberries.

**Variation:** Scrape the seeds of 1/4 vanilla bean into cream mixture and add pod, instead of using vanilla extract. Heat as directed and discard pod before mixing with gelatin. Using a mini chopper, process the sugar for the topping with a pinch of dried lavender flowers, then mash with strawberries.

NUTRITIONAL VALUE PER SERVING: Energy: 265 cal | Protein: 3 g | Carbohydrate: 14 g | Fat: 23 g | Fibre: 0.6 g | Sodium: 39 mg | Calcium: 7% / 81 mg

MILK FACT: 1 Food Guide serving = 250 mL (1 cup) of Milk or chocolate Milk.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1      June is Dairy Month World Milk Day	2	3	4	5   Winnipeg Kidsfest (Manitoba) Jun. 5–8 ☾ First Quarter	6   1000 Island Wine and Food Show (Brockville, ON) Jun. 6–7	7
8	9	10	11	12	13   Halal Food Festival (Mississauga, ON) Jun. 13–Jun. 15  Red River Exhibition (Winnipeg, MB) Jun. 13–22  ☉ Full Moon	14
15   Father's Day	16	17	18   Canada's Farm Progress Show (Saskatchewan) Jun. 18–20	19   ☾ Last Quarter	20	21   First Day of Summer
22	23	24   Québec's National Holiday	25	26	27   ● New Moon	28
29   Ramadan Begins (Islam)	30   Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a>  <small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small>				<i>'We're proud to be involved in the Canadian dairy industry, and we love playing a part in creating what we consider nature's most perfect food.'</i> <b>Nichele Steenbeek,</b> Steenbeek Dairy Farms Varna, Ontario	 For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a>



# JULY

## MOM'S CHOCOLATE CHIP COOKIES

*'These are a family favourite, especially fresh out of the oven. Nothing beats a few warm cookies and a big, cold glass of milk. Except, maybe, two cookies sandwiching a big scoop of real ice cream – it's the tastiest way to beat the summer heat!'* – Andrew Campbell

- 1/2 cup (125 mL) butter, softened
- 1/2 cup (125 mL) packed brown sugar
- 1/4 cup (60 mL) granulated sugar
- 1 egg
- 1/2 tsp vanilla extract
- 1-1/2 cups (375 mL) all-purpose flour
- 1/2 tsp (2 mL) baking soda
- 1/2 cup (125 mL) milk
- 1 cup (250 mL) chocolate chips

**1.** Preheat oven to 375°F (190°C). Butter large baking sheets or line with parchment paper. **2.** In a large bowl, using an electric mixer, beat butter, brown sugar, granulated sugar and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a wooden spoon until blended. Stir in chocolate chips. **3.** Drop by heaping tablespoonfuls (15 mL) onto prepared baking sheets, at least 3 inches (7.5 cm) apart. **4.** Bake, one sheet at a time, for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks to cool.

**Prep: 10 min • Bake: 10 to 15 min per sheet • 24 cookies**

**Tip for Kids:** Make mini cookies, using a heaping teaspoon (5 mL) of batter. Use candy-coated mini chocolate chips or add colourful sprinkles on top of the batter just before baking.

**Cooking Tip:** Layer cooled cookies between waxed or parchment paper in an airtight container and freeze for up to 3 months.

**Variation:** Add 1/2 cup (125 mL) chopped honey-roasted peanuts or candied almonds with the chocolate chips.

NUTRITIONAL VALUE PER SERVING: Energy: 127 cal | Protein: 2 g | Carbohydrate: 17 g | Fat: 6 g | Fibre: 0.6 g | Sodium: 29 mg | Calcium: 1 % / 16 mg

MILK FACT: 1 Food Guide serving = 175 g (3/4 cup) of yogurt.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>'Healthy cows, robust crops and fresh, high-quality milk make the farm a great business and a wonderful place to raise a family.'</i> <b>Andrew Campbell,</b> Bellson Farms Strathroy, Ontario	1 Canada Day	2	3	4 Calgary Stampede (Alberta) Jul. 4–13	5 Paint the Heartland Fine Arts Show and Sale (Hartland, NB) ● First Quarter
6	7	8	9	10	11	12 ○ Full Moon
13	14	15	16	17	18 K-Days (Edmonton, AB) Jul. 18–27 ● Last Quarter	19
20	21	22	23 Medicine Hat Exhibition and Stampede (Alberta) Jul. 23–26	24	25 Old Home Week (Woodstock, NB) Jul. 25–Aug. 2	26 ● New Moon
27	28 Ramadan Ends (Islam)	29	30 Queen City Ex (Regina, SK) Jul. 30–Aug. 3	31	Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a> <small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small>	 For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a>

Discover more recipes, tips, videos and subscribe to the All You Need Is Cheese magazine at [allyouneedischeese.ca](http://allyouneedischeese.ca)



## Röesti Potato Bake

Traditional fried röesti potatoes are a treat, but do take quite a bit of effort to prepare. This baked casserole crowned with Canadian Swiss cheese gives you all the great taste and the crispy texture yet it's so easy to make.

4 medium oblong baking potatoes (Russet) or yellow-fleshed potatoes (1-1/2 lbs/750 g)	1/4 tsp (1 mL) pepper
1 egg	1 cup (250 mL) shredded Canadian Swiss or Gouda cheese (or a mixture), divided
1/2 tsp (2 mL) salt	1/4 cup (60 mL) all-purpose flour

**1.** Preheat oven to 400°F (200°C). Butter a shallow 6 to 8 cup (1.5 to 2 L) glass or ceramic baking dish. **2.** Peel and rinse potatoes. Shred on the coarse side of a box cheese grater (or use a food processor with shredding blade). Place in a colander; using hands, squeeze out excess liquid. **3.** In a bowl, whisk together egg, salt and pepper. Stir in potatoes and half the cheese; toss to evenly coat. Sprinkle with flour; toss to combine. **4.** Lightly pack in prepared baking dish. Bake for about 45 min or until golden, crisp and potatoes are tender. **5.** Preheat broiler with rack 4 inches (10 cm) from heat. Sprinkle casserole with remaining cheese; broil for 3 min or until cheese is melted and starting to brown.

**Prep: 15 min • Bake/Broil: 48 min • 4 to 6 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 185 cal | Protein: 9 g | Carbohydrate: 24 g | Fat: 6 g | Fibre: 3.1 g | Sodium: 221 mg | Calcium: 14 % / 159 mg

## Brie, Pear and Greens Pizza

Pizzas are taking on a new look and taste these days. This gorgeous pizza is fragrant with garlic, thyme and pears, gooey with luscious Canadian Brie cheese and topped with tender, fresh greens – you might forget about the tomato sauce forever.

1 tbsp (15 mL) butter	12-inch (30 cm) pre-baked pizza crust
1 large clove garlic, minced	1 pear, thinly sliced
1 tsp (5 mL) finely chopped fresh thyme	4 oz (125 g) Canadian Brie or Camembert cheese, diced
Pepper	1 cup (250 mL) baby greens (arugula, spinach or other mixed baby greens)
2 tsp (10 mL) cider vinegar or wine vinegar	

**1.** Preheat oven to 425°F (220°C). Position one rack in centre of oven and one in lower third; place a large baking sheet on lower rack. **2.** In a small saucepan, combine butter, garlic, thyme and pepper to taste; cook over low heat, stirring, for about 2 min or until butter is melted and garlic is fragrant. Remove from heat. **3.** Brush about half of butter mixture over pizza crust. Stir vinegar into remaining butter mixture. Arrange pear slices over crust; brush with vinegar mixture. Scatter cheese over top. **4.** Slide pizza crust directly onto centre oven rack (the baking sheet below will catch any drips). Bake for about 10 min or until crust is crisp and golden and pear is softened. Slide pizza onto a cutting board; sprinkle with greens. Let stand for 3 min before cutting into slices.

**Prep: 10 min • Cook/Bake: 15 min • 4 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 319 cal | Protein: 12 g | Carbohydrate: 36 g | Fat: 15 g | Fibre: 2.6 g | Sodium: 424 mg | Calcium: 11 % / 116 mg

## Parmesan Popcorn Snack Mix

Spice up snack time with a zesty popped corn medley! It's just the thing to satisfy post-practice appetites or movie-night munchies. Find the recipe at [milkcalendar.ca/popcorn](http://milkcalendar.ca/popcorn).



## Kid-Friendly Fish Tostadas

Tostadas are like flat tacos that are fun to top with crispy, homemade fish sticks, veggies and an easy and tasty cheese sauce. If your kids like to dip their food, serve some of the sauce in a small dish on the side.

1 lb (500 g) skinless white fish fillets	2 tbsp (30 mL) all-purpose flour
1 egg	1 tsp (5 mL) dried dill or chili powder
1-1/4 cups (300 mL) milk, divided	1 cup (250 mL) shredded Canadian Monterey Jack or Cheddar cheese, divided
1 tsp (5 mL) chili powder	4 cups (1 L) shredded romaine lettuce
Salt and pepper	1 cup (250 mL) grape tomatoes, cut in half
1-1/2 cups (375 mL) crushed corn flakes cereal	
4 small (about 6 inches/15 cm) corn or whole wheat flour tortillas	

**1.** Preheat oven to 450°F (230°C) with racks positioned in top and bottom third of oven. Butter 2 large baking sheets. **2.** Rinse fish and pat dry. Cut into about 3 by 1/2-inch (7.5 by 1 cm) strips. In a shallow bowl, whisk egg, 2 tbsp (30 mL) of the milk, chili powder and 1/4 tsp (1 mL) each, salt and pepper. Place corn flakes in a shallow dish. **3.** Working in small batches, add about 5 pieces of fish first into egg mixture then add to corn flakes and toss to coat. Shake off excess crumbs and place on one prepared baking sheet, spacing apart. Discard any excess egg and crumbs. **4.** Place tortillas on second baking sheet. Place fish on top rack and bake for about 10 min or until fish is firm and opaque. While fish is baking, place tortillas on lower rack and bake, flipping once, for about 5 min or until tortillas are crisp. **5.** Meanwhile, in a small saucepan, whisk flour, dill and 1/4 tsp (1 mL) each, salt and pepper into remaining milk. Cook over medium heat, whisking constantly, for about 5 min or until thickened. Remove from heat and stir in half of the cheese until melted. **6.** Place tortillas on serving plates, top with lettuce and tomatoes. Drizzle with some of the sauce. Arrange fish on top, drizzle with remaining sauce, then sprinkle with remaining cheese. Serve immediately.

**Prep: 15 min • Cook/Bake: 40 min • 4 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 488 cal | Protein: 40 g | Carbohydrate: 44 g | Fat: 17 g | Fibre: 6.0 g | Sodium: 803 mg | Calcium: 39 % / 427 mg



## Ginger Lemon Chicken

This surprisingly quick and easy dish rivals those served at fine restaurants. The tender chicken with crispy coating marries perfectly with the zesty, lightly creamy sauce. Serve with steamed brown rice and tender-crisp green beans or broccoli.

- 1/2 cup (125 mL) Panko bread crumbs
- 1 tbsp (15 mL) sesame seeds
- 1 tbsp (15 mL) butter
- 4 small boneless skinless chicken breasts (about 1-1/4 lbs/625 g)
- 1/4 tsp (1 mL) pepper
- 1/8 tsp (0.5 mL) salt
- 2 green onions, thinly sliced
- 2 tbsp (30 mL) minced gingerroot
- 1 clove garlic, minced
- Grated zest of 1/2 lemon
- 1 tsp (5 mL) cornstarch
- 1 cup (250 mL) 10% half-and-half cream
- 1 tbsp (15 mL) reduced-sodium soy sauce
- Lemon wedges

1. Preheat oven to 400°F (200°C). Line a baking sheet with foil; butter foil.
2. In a large, dry nonstick skillet over medium-high heat, toast Panko and sesame seeds, stirring, for about 3 min or until golden brown. Transfer to a shallow dish, stir in pepper and salt; set aside.
3. Return skillet to heat and add butter; swirl to coat. Add chicken, in batches to avoid crowding, and brown for about 2 min per side. Using tongs, remove chicken from skillet and dip both sides in reserved crumb mixture, pressing to coat. Transfer to baking sheet; press any extra crumbs on top of chicken. Set skillet aside, reserving butter.
4. Bake chicken in oven for about 20 min or until thermometer registers 170°F (77°C) or until no longer pink inside.
5. About 5 min before chicken is cooked, reheat skillet over medium heat until butter is sizzling; sauté green onions, ginger, garlic and lemon zest for 2 min. Whisk cornstarch into cream and stir into pan; stir in soy sauce. Cook, stirring, for about 3 min or until bubbling and slightly thickened.
6. Spoon sauce onto plates; top with chicken and serve with lemon wedges to squeeze over top.

**Prep: 10 to 15 min • Cook/Bake: 30 min • 4 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 333 cal | Protein: 37 g | Carbohydrate: 11 g | Fat: 15 g | Fibre: 0.9 g | Sodium: 410 mg | Calcium: 9 % / 102 mg

## Shrimp and Hearty Greens Sauté

This quick recipe is a super way to try out kale, Swiss chard, turnip greens, beet greens and spinach, or a mixture, to boost those dark, leafy green servings that are so good for you. Tender, garlicky shrimp on top make this seem like something special – only you have to know how easy it is to make. Serve over brown rice or noodles.

- 1 tbsp (15 mL) butter, divided
- 1 lb (500 g) large shrimp, peeled and deveined
- 3 cloves garlic, minced, divided
- 1/2 tsp (2 mL) salt, divided
- 1/4 tsp (1 mL) pepper, divided
- 1 small onion, thinly sliced
- 1/2 tsp (2 mL) dried basil
- 8 cups (2 L) chopped hearty cooking greens (about 8 oz/250 g)
- 2 tsp (10 mL) cornstarch
- 1 cup (250 mL) 5% light cream
- 2 tbsp (30 mL) freshly squeezed lemon juice

1. In a large skillet, melt half the butter over high heat. Sauté shrimp, 1 clove of garlic and a pinch each salt and pepper for about 3 min or until pink and opaque; transfer to a bowl. Cover to keep warm.
2. Return skillet to medium heat; add remaining butter. Sauté remaining garlic, onion, basil and remaining salt and pepper for about 3 min or until softened. Add chopped greens and sauté for about 5 min or until just wilted and tender.
3. Whisk cornstarch into cream and stir into pan; cook, stirring, for about 3 min until thickened. Serve greens topped with shrimp and sprinkle with lemon juice.

**Prep: 10 to 15 min • Cook: 12 min • 4 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 183 cal | Protein: 21 g | Carbohydrate: 10 g | Fat: 6 g | Fibre: 1.8 g | Sodium: 1017 mg | Calcium: 19 % / 210 mg



## Dark Chocolate Coconut Macaroon Mousse

With just four ingredients and the magic of whipping cream, you can make a rich, chocolatey dessert in mere minutes. The flavour is reminiscent of ever-popular chocolate coconut macaroons while the texture is creamy and light.

- 1/2 cup (125 mL) sweetened flaked or shredded coconut
- 1 cup (250 mL) 35% whipping cream, divided
- 3 oz (90 g) bittersweet chocolate, broken into chunks
- 1 tsp (5 mL) vanilla extract

1. In a small saucepan over medium heat, toast coconut, stirring constantly, for about 5 min or until golden and fragrant. Set 1 tbsp (15 mL) aside. Add 1/3 cup (75 mL) of the cream to remaining coconut in pan and bring to a boil, stirring often. Remove from heat.
2. In a food processor, pulse chocolate until finely chopped. Add hot cream mixture and process until chocolate is melted and mixture is fairly smooth. Transfer to a bowl, stir in vanilla and let cool to room temperature.
3. In a chilled bowl, whip remaining cream to soft peaks. Fold about one-quarter into chocolate mixture, then fold in remaining cream just until blended. Cover and refrigerate for 15 to 30 min or until starting to set.
4. Spoon or pipe into serving dishes. Refrigerate for about 30 min, until set, or for up to 1 day. Serve sprinkled with reserved coconut.

**Prep: 5 to 10 min • Cook: 5 to 8 min • 4 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 365 cal | Protein: 2 g | Carbohydrate: 22 g | Fat: 32 g | Fibre: 2.4 g | Sodium: 55 mg | Calcium: 4 % / 47 mg





# AUGUST

## ULTIMATE BREAKFAST SMOOTHIE

**'A smoothie is a refreshing and healthy way to beat the summer heat.'**

— Sandra Willard

- 1 banana, peeled and broken into chunks
- 1 cup (250 mL) plain or fruit-flavoured yogurt
- 1 cup (250 mL) milk
- 1 cup (250 mL) mixed fruit (fresh or frozen)
- 1 tbsp (5 mL) liquid honey
- 1 tsp (5 mL) vanilla extract

**1.** In a blender, or in a tall cup using an immersion blender, combine banana, yogurt, milk, mixed fruit, honey and vanilla and purée until smooth. Pour into chilled glasses and serve immediately.

**Prep: 5 min • 2 to 3 servings**

**Cooking Tip:** For a thicker smoothie, freeze the banana until solid and use frozen fruit.

**Variation:** Use chocolate milk and omit the honey.

NUTRITIONAL VALUE PER SERVING: Energy: 156 cal | Protein: 8 g | Carbohydrate: 25 g | Fat: 3 g | Fibre: 2.1 g | Sodium: 97 mg | Calcium: 23 % / 258 mg

MILK FACT: 1 Food Guide serving = 50 g (1 1/2 oz) of cheese (Cheddar, Mozzarella, Swiss, Feta, etc.).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>'Our farm started in 1953, and we've only been growing since then; we're hoping our son will continue the tradition!'</i></p> <p><b>Sandra Willard,</b> Willgrove Farms Inc. Thornloe, Ontario</p>		 <p>See our recipes come to life with cooking videos posted online! <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>		 <p>ELEMENTARY SCHOOL MILK PROGRAM <a href="http://milk-in-school.ca">milk-in-school.ca</a></p>	1	2
3	4	5	6	7	8	9
 First Quarter	Civic Holiday	Saskatoon Ex (Saskatchewan) Aug. 5–10			Napan Fair (Napan, NB) Aug. 8–11	
10	11	12	13	14	15	16
 Full Moon					Canadian National Exhibition (Toronto, ON) Aug. 15–Sept. 1 Provincial Acadian Day (Nova Scotia)	
17	18	19	20	21	22	23
 Last Quarter						
24	25	26	27	28	29	30
31	 New Moon				Ganesh Chaturthi (Hindu Holiday)	
Fredericton Exhibition (FREX) (Fredericton, NB) Aug. 31–Sept. 6						



# SEPTEMBER

## SAVOURY CHEESE MUFFINS

**'I borrowed this recipe from my sister-in-law – and never gave it back! These delectable muffins have been a staple at our family brunches over the years.'** – Lori Anseeuw

- 2 cups (500 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- 1 tbsp (15 mL) chopped fresh chives or green onions
- 1 tsp (5 mL) dried basil
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) dried oregano
- 1/4 tsp (1 ml) garlic powder
- 1/2 cup (125 mL) butter, softened
- 1/4 cup (60 mL) granulated sugar
- 2 eggs
- 1 cup (250 mL) milk

- 1 cup (250 mL) shredded Canadian old Cheddar, Gouda or Swiss cheese
- 1 cup (250 mL) crumbled cooked bacon, diced ham or diced pepperoni

**1.** Preheat oven to 350°F (180°C). Butter a 12-cup muffin pan or line with paper liners. **2.** In a bowl, whisk together flour, baking powder, chives, basil, salt, oregano and garlic powder. **3.** In a large bowl, using an electric mixer, beat butter with sugar until creamy. Beat in eggs until well blended. Using a wooden spoon or spatula, stir in half of the flour mixture; stir in milk until blended. Stir in remaining flour mixture just until moistened. Gently fold in cheese and ham. **4.** Spoon into prepared muffin pan. Bake for about 30 min or until a tester inserted in the centre comes out clean. Let cool in pan on a rack for 5 min then transfer to rack to cool. Serve warm or let cool completely.

**Prep: 15 to 20 min • Bake: 30 min • 12 muffins**

**Cooking Tip:** These muffins are best enjoyed within a day of baking. Wrap extra muffins individually in plastic wrap and freeze in an airtight container for up to 1 month. Thaw and reheat in the microwave or toaster oven.

NUTRITIONAL VALUE PER SERVING: Energy: 242 cal | Protein: 9 g | Carbohydrate: 22 g | Fat: 13 g | Fibre: 0.6 g | Sodium: 417 mg | Calcium: 16 % / 173 mg

MILK FACT: 1 Food Guide serving = 250 mL (1 cup) of cottage cheese or quark.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p> <p>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</p>	<p><b>1</b></p> <p>Labour Day</p>	<p><b>2</b></p> <p>☾ First Quarter</p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p> <p>Atlantic Balloon Fiesta (Sussex, NB) Sept. 5–7</p> <p>Western Fair (London, ON) Sept. 5–14</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b></p> <p>☉ Full Moon</p>	<p><b>9</b></p> <p>Canada's Outdoor Farm Show (Woodstock, ON) Sept. 9–11</p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p>
<p>Open Farm Day (Manitoba)</p>	<p><b>15</b></p> <p>☾ Last Quarter</p>	<p><b>16</b></p> <p>International Plowing Match &amp; Rural Expo (Ivy, ON) Sept. 16–20</p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>
<p>Open Farm Day (NB, NL, NS, PEI)</p>	<p><b>22</b></p>	<p><b>23</b></p> <p>First Day of Fall</p>	<p><b>24</b></p> <p>☀ New Moon</p>	<p><b>25</b></p> <p>Rosh Hashanah</p> <p>World School Milk Day</p> <p>Premiere Wine Show (Saskatoon, SK) Sept. 25–27</p>	<p><b>26</b></p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>	 <p>ELEMENTARY SCHOOL MILK PROGRAM</p> <p><a href="http://milk-in-school.ca">milk-in-school.ca</a></p>		<p><i>'My husband's grandfather started our farm in 1920, and four generations later, our sons are learning the business every day.'</i></p> <p><b>Lori Anseeuw,</b> Anseeuw Dairy Farm Ltd. Oak Bluff, Manitoba</p>	 <p>For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>

# OCTOBER

## EASY CAULIFLOWER CHEDDAR SOUP

*'This soup is a family favourite, and a quick and easy option for when you're short on time. Make it into a delicious meal by serving it with tea biscuits, crusty bread and a fresh salad!'* – Jody Spriel

9 cups (2.25 L) chopped cauliflower (about 2 lbs/1 kg)
2 stalks celery, diced
1 onion, chopped
3 potatoes, peeled and diced
2 tsp (10 mL) minced garlic
Pepper
2 cups (500 mL) reduced-sodium chicken broth
1 cup (250 mL) water
2 tbsp (30 mL) all-purpose flour
2-1/2 cups (625 mL) milk
Ground nutmeg

1-1/2 cups (375 mL) shredded Canadian Cheddar cheese, divided
1/4 tsp (1 mL) salt (approx.)

**1.** In a large pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, chicken broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft. **2.** Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, for about 3 min or until slightly thickened. Remove from heat. **3.** Using an immersion blender in pot or transferring in batches to an upright blender, purée until smooth. **4.** Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 mL) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 mL) salt. Ladle into warm bowls and sprinkle with remaining cheese.

**Prep: 20 min • Cook: 40 min • 6 to 8 servings**

**Variation:** Add 1 to 2 large carrots, chopped, with the cauliflower in step 1. For an extra cheese flavour, use a Canadian old or extra-old Cheddar or use Canadian Gouda or Swiss cheese in place of the Cheddar.

NUTRITIONAL VALUE PER SERVING: Energy: 230 cal | Protein: 13 g | Carbohydrate: 26 g | Fat: 9 g | Fibre: 4.9 g | Sodium: 384 mg | Calcium: 27 % / 293 mg

MILK FACT: 1 Food Guide serving = 200 mL (4/5 cup) of yogurt drink.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>'We take great pride in producing milk that's made into delicious products, and we happily promote the blue cow symbol.'</i></p> <p><b>Jody Spriel,</b> Pleasant Hill Holsteins Inc. St. Mary's, Ontario</p>		 <p>See our recipes come to life <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>	<p><b>1</b></p> <p>☾ First Quarter</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>Fraser Valley Food Show (Abbotsford, BC) Oct. 3–5 Fall Ideal Home Show (Halifax, NS) Oct. 3–5</p>	<p><b>4</b></p> <p>Yom Kippur</p>
<p><b>5</b></p> <p>Eid al-Adha (Islam)</p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p> <p>☉ Full Moon</p>	<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>Thanksgiving Day</p>	<p><b>14</b></p>	<p><b>15</b></p> <p>☾ Last Quarter</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>Rocky Mountain Wine &amp; Food Festival (Calgary, AB) Oct. 17–18</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p> <p>Diwali (Hindu Holiday) ● New Moon</p>	<p><b>24</b></p> <p>Rocky Mountain Wine &amp; Food Festival (Edmonton, AB) Oct. 24–25</p>	<p><b>25</b></p> <p>Muharram (Islam)</p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p> <p>☾ First Quarter</p>	<p><b>31</b></p> <p>Hallowe'en Royal Agricultural Winter Fair (Toronto, ON) Oct. 31–Nov. 9</p>	 <p>ELEMENTARY SCHOOL MILK PROGRAM <a href="http://milk-in-school.ca">milk-in-school.ca</a></p>



# NOVEMBER

## HEARTY HAM & BROCCOLI MACARONI AND CHEESE

*'Squeezing in quality time over dinner is an important part of our family's day. This is one of our favourite meals to catch up over – it's easy to prepare, healthy and a hit with my husband and three daughters.'* – Jennifer Eastman

- 1 tbsp (15 mL) butter
- 1 small onion, minced
- 1/4 cup (60 mL) chopped celery
- 2 tbsp (30 mL) all-purpose flour
- 1-1/3 cups (325 mL) milk
- 1 can (370 mL) 2% evaporated milk
- 1 cup (250 mL) shredded Canadian old Cheddar cheese
- 1/3 cup (75 mL) shredded Canadian Parmesan cheese
- 1/2 tsp (2 mL) each, salt and pepper
- 2 cups (500 mL) macaroni
- 3 cups (750 mL) small broccoli florets
- 1 cup (250 mL) diced Black Forest Ham or cooked crumbled Bacon (optional)

### Topping:

- 2 tbsp (30 mL) butter, melted
- 1-1/2 cups (375 mL) fresh multigrain bread crumbs
- 1 tbsp (15 mL) dried Italian seasoning

**1.** Preheat oven to 375°F (190°C). Butter an 8-cup (2 L) casserole dish.  
**2.** In a large saucepan, melt butter over medium heat; sauté onion and celery for about 3 min or until lightly golden. Sprinkle with flour; cook, stirring for 1 min. Whisk in milk and evaporated milk; cook, stirring for about 5 min or until thickened. Remove from heat; stir in Cheddar and Parmesan cheeses, salt and pepper.  
**3.** Meanwhile, in a large pot of boiling water, cook macaroni for 5 min or until almost tender. Add broccoli; cook for 1 min. Drain and add to sauce along with ham (if using); stir to coat. Spread into prepared casserole dish.  
**4.** For Topping: In small bowl, combine butter, bread crumbs and Italian seasoning. Sprinkle over macaroni. Bake in preheated oven for about 20 min or until bubbly and golden.

**Prep: 20 min • Cook: 30 to 35 min • 4 servings**

NUTRITIONAL VALUE PER SERVING: Energy: 721 cal | Protein: 33 g | Carbohydrate: 87 g | Fat: 27 g | Fibre: 5.7 g | Sodium: 994 mg | Calcium: 73 % / 800 mg

MILK FACT: Milk and chocolate Milk hydrate your body and quench your thirst since they are both 90% water.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>'Producing quality food and contributing to Canada's milk supply is our main goal and a source of great pride.'</i></p> <p><b>Jennifer Eastman,</b> Centurholm Farm Kinburn, Ontario</p>	 <p>See our recipes come to life with cooking videos posted online!  <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>		<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p> <p><small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small></p>	<p>You could be at risk of fracture.</p>  <p>Over 80% of all fractures after age 50 are caused by osteoporosis.</p> <p><b>INSIST ON ASSESSMENT</b></p> <p><a href="http://www.osteoporosis.ca">www.osteoporosis.ca</a> 1-800-463-6842</p>	<p>November is Osteoporosis Month</p>
2	3	4	5	6	7	8
<p>Daylight Saving Time Ends</p> <p>Farmfair International (Edmonton, AB) Nov. 2–9</p>				<p>Full Moon</p>	<p>Royal Agricultural Winter Fair (Toronto, ON) Nov. 7–16</p>	
9	10	11	12	13	14	15
		<p>Remembrance Day</p>		<p>Gourmet Food &amp; Wine Expo (Toronto, ON) Nov. 13–16</p>	<p>Last Quarter</p>	<p>Look for the 2015 Milk Calendar in your newspaper (Ontario &amp; Maritimes)</p>
16	17	18	19	20	21	22
					<p>Seasons Christmas Show (Toronto, ON) Nov. 21–23</p> <p>West Coast Christmas Show (Abbotsford, BC) Nov. 21–23</p>	<p>New Moon</p>
23	24	25	26	27	28	29
30	<p>Canadian Western Agribition (Regina, SK) Nov. 24–29</p>					<p>First Quarter</p>



# DECEMBER

## FONDUE PARMESAN DU TERROIR

*'This dish is simple, delicious, and most importantly, uses farm products and by-products. When people compliment the recipe, I'm proud that they appreciate what we make here on our farm.'* – Claudie-Audrey Gagnon

- 6 tbsp (90 mL) butter
- 1/2 cup (125 mL) cornstarch
- 2 cups (500 mL) milk
- 1/3 cup (75 mL) shredded Canadian Mozzarella Cheese
- 1/3 cup (75 mL) grated Canadian Parmesan Cheese
- 1/3 cup (75 mL) shredded washed-rind firm Canadian cheese
- 1 egg
- 1/2 cup (125 mL) water
- 1/4 cup (60 mL) Italian-seasoned bread crumbs

**1.** In a medium saucepan, melt butter over medium heat; whisk in cornstarch and cook, stirring, for 1 min or until bubbling. Gradually whisk in milk, blending well and bring to a boil, whisking constantly. Cook, whisking, for about 3 min

or until very thick. **2.** Remove from heat and whisk in Mozzarella, Parmesan and washed-rind cheese until well blended. Pour into an 8-inch (23 cm) glass baking dish, smoothing top. Let cool slightly. Cover and refrigerate for at least 1 hr, until chilled, or for up to 1 day. **3.** To serve, preheat oven to 375°F (190°C). Butter a large baking sheet. **4.** In a bowl, whisk together egg and water. Place bread crumbs in another bowl. Invert chilled cheese mixture onto a cutting board; cut into 16 squares. Dip each square first in the egg mixture; let excess drip off then coat in the bread crumbs, pressing lightly to help crumbs stick. Place the squares at least 1 inch (2.5 cm) apart on prepared baking sheet. **5.** Bake for 15 min or until the squares feel soft to the touch and bottoms are golden brown. Flip over to show golden side and serve.

**Prep: 20 to 30 min • Cool/Cook: 2 hrs • 4 to 8 servings**

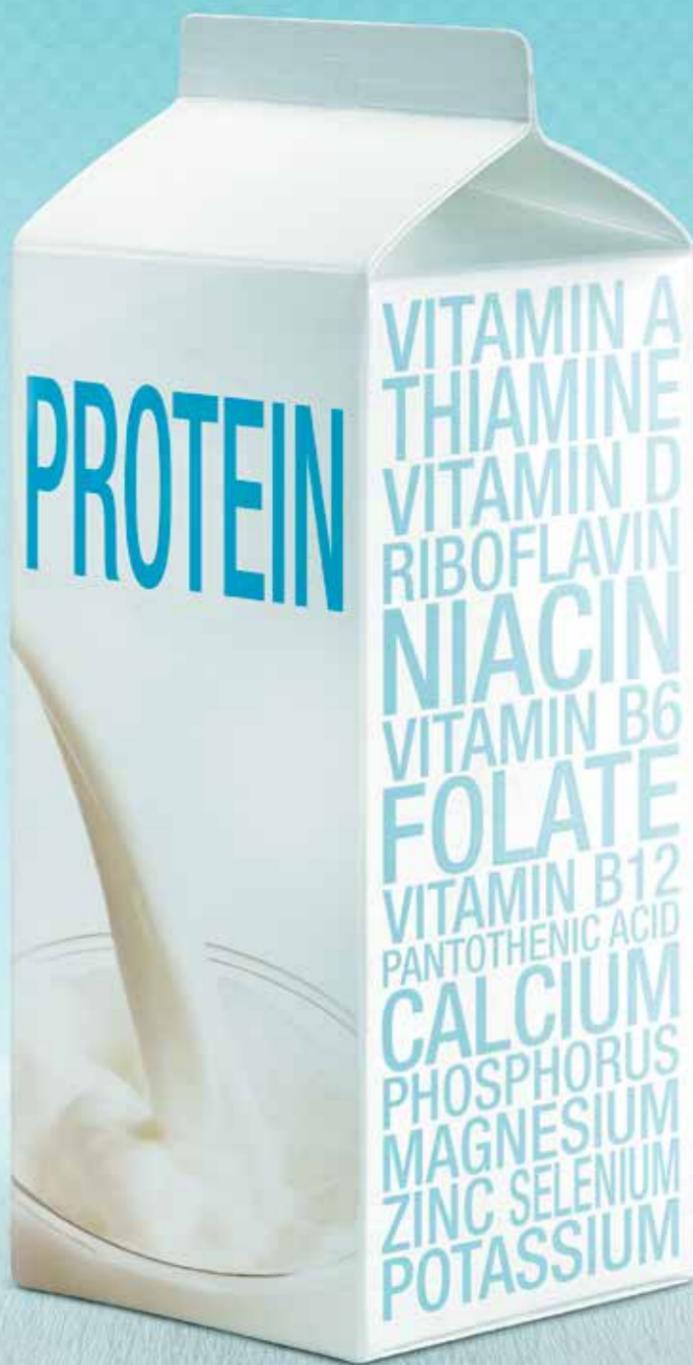
**Variation:** Use 1 cup (250 mL) total of one or two varieties of cheese; just the Mozzarella and Parmesan for a mild version or just the washed-rind cheese for a more pungent version.

NUTRITIONAL VALUE PER SERVING: Energy: 209 cal | Protein: 7 g | Carbohydrate: 13 g | Fat: 14 g | Fibre: 0.3 g | Sodium: 190 mg | 17 % / 191 mg

MILK FACT: Chocolate Milk has the same 16 essential nutrients as Milk, with less sugar than unsweetened apple juice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Watch this recipe being made, and enter to win a \$750 grocery voucher*, at <a href="http://milkcalendar.ca/contest">milkcalendar.ca/contest</a></p> <p><small>*From Jan. 1 to Dec. 31, 2014 at 23:59 (ET)</small></p>	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
<p>☾ Last Quarter</p>	21	22	23	24	25	26
<p>☀ First day of Winter</p> <p>● New Moon</p>	28	29	30	31	<p>☀ Christmas Day</p> <p>☀ Boxing Day</p>	
<p>☾ First Quarter</p>			<p><i>'Our farm produces dairy and cereal, and for me, it's the best place to raise our family.'</i></p> <p><b>Claudie-Audrey Gagnon,</b> Van Tassel Farm Hébertville, Quebec</p>		 <p>For more great Milk recipes check out <a href="http://MilkCalendar.ca">MilkCalendar.ca</a></p>	

With all these nutrients,  
just imagine the benefits.



Milk contains **16 essential nutrients**, including calcium and vitamin D for **bones and teeth**, riboflavin and zinc for **energy metabolism**, thiamine and niacin for **growth**, and protein for **strong muscles**. Problem is, only one in three Canadians gets enough every day. Do you?



Make milk products a part of your every day.

[getenough.ca](http://getenough.ca)



**1.** Dans un bol, saupoudrer la gélatine sur l'eau froide; laisser reposer 5 minutes pour ramollir.
**2.** Dans une casserole, combiner la crème, le lait, 1/4 tasse (60 ml) de sucre et la vanille. Amener au point d'ébullition à feu moyen, en remuant souvent. Verser sur la préparation de gélatine et bien remuer, jusqu'à ce que la gélatine soit dissoute.
**3.** Verser dans six à huit bocalx, verres - ou bols - à dessert. Couvrir d'une pellicule de plastique et réfrigérer deux à trois heures, ou jusqu'à ce qu'elle soit ferme, ou jusqu'à deux jours.
**4.** Au moment de servir, à l'aide d'un pilon à purée ou d'une fourchette, réduire les fraises en purée avec le reste du sucre et déposer par cuillerées sur la crème, dans les plats individuels.

**Préparation : 10 minutes • Réfrigération : 2 à 3 heures • Donne : 6 à 8 portions**

**Astuce pour les enfants :** Préparer des desserts miniatures à l'aide de verres à liqueur ou de petits bols colorés. Parsemer quelques brisures de chocolat sur le dessus des fraises.

**Variante :** Gratter les graines d'un quart de gousse de vanille et les incorporer au mélange de crème, et ajouter la gousse au lieu de l'extrait de vanille. Chauffer selon les directives et jeter la gousse avant de mélanger avec la gélatine. À l'aide d'un petit hachoir, moudre le sucre de la garniture et une pincée de fleurs de lavande séchées, puis mélanger avec les fraises.

VALEUR NUTRITIVE PAR PORTION : Calories : 265 | Protéines : 3 g | Glucides : 14 g | Gras : 23 g | Fibres : 0,6 g | Sodium : 39 mg | Calcium : 7 % / 81 mg

## JUILLET

## Biscuits de maman aux brisures de chocolat

« *Ces biscuits sont les préférés de la famille, en particulier lorsqu'ils sont fraîchement sortis du four. Rien ne vaut quelques biscuits chauds accompagnés d'un grand verre de lait froid, sinon, peut-être, une grosse boule de vraie crème glacée en sandwich entre deux biscuits… c'est la plus savoureuse façon de se rafraîchir en été!* » — Andrew Campbell

1/2 tasse (125 ml) de beurre, ramolli
1/2 tasse (125 ml) de cassonade, tassée
1/4 tasse (60 ml) de sucre
1 œuf
1/2 c. à thé (2 ml) d'extrait de vanille
1 1/2 tasse (375 ml) de farine tout usage
1/2 c. à thé (2 ml) de bicarbonate de soude
1/2 tasse (125 ml) de lait
1 tasses (250 ml) de brisures de chocolat

**1.** Préchauffer le four à 375 °F (190 °C). Beurrer de grandes plaques à biscuit ou les tapisser de papier parchemin.
**2.** Dans un grand bol, à l'aide d'un batteur électrique, battre le beurre, la cassonade, le sucre et la vanille, jusqu'à ce que la consistance soit légère. Incorporer l'œuf en fouettant. Ajouter la farine, le bicarbonate de soude et le lait, et remuer à l'aide d'une cuillère en bois, jusqu'à ce que la consistance soit homogène. Incorporer les brisures de chocolat.
**3.** Laisser tomber la pâte par cuillerées à soupe combles (15 ml) sur les plaques à biscuit préparées, à au moins 3 po (7,5 cm) de distance.
**4.** Cuire au four, une plaque à la fois, de 10 à 15 minutes, ou jusqu'à ce que les bords des biscuits soient dorés et que les centres soient fermes. Laisser refroidir sur les plaques 2 minutes, puis transférer sur des grilles pour refroidir davantage.

**Préparation : 10 minutes • Cuisson au four : 10 à 15 minutes par plaque • Donne : 24 biscuits**

**Astuce pour les enfants :** Préparer des biscuits miniatures en utilisant des cuillerées à thé combles (5 ml) de pâte. Utiliser des brisures de chocolat miniatures enrobées de sucre, ou ajouter de petites perles colorées sur le dessus de la pâte juste avant la cuisson au four.

**Conseil culinaire :** Déposer les biscuits refroidis entre des couches de papier ciré ou de papier parchemin, dans un contenant hermétique, et congeler jusqu'à trois mois.

**Variante :** Ajouter 1/2 tasse (125 ml) d'arachides grillées au miel, hachées, ou de dragées avec les brisures au chocolat.

VALEUR NUTRITIVE PAR PORTION (UN BISCUIT) : Calories : 127 | Protéines : 2 g | Glucides : 17 g | Gras : 6 g | Fibres : 0,6 g | Sodium : 29 mg | Calcium : 1 % / 16 mg

## AOÛT

## Le meilleur smoothie du matin

« <span> </span> <i>Un smoothie sain et rafraîchissant est idéal par une chaude journée d'été.</i> <span> </span> » — Sandra Willard
1 banane, pelée et brisée en morceaux
1 tasse (250 ml) de yogourt nature ou aux fruits
1 tasse (250 ml) de lait
1 tasse (250 ml) de fruits mélangés (frais ou surgelés)
1 c. à soupe (5 ml) de miel liquide
1 c. à thé (5 ml) d'extrait de vanille

**1.** Au mélangeur, ou dans une grande tasse à l'aide d'un mélangeur à main, mélanger la banane avec le yogourt, le lait, les fruits mélangés, le miel et la vanille, et réduire en purée jusqu'à ce que la consistance soit homogène. Verser dans six à huit bocalx, verres - ou bols - à dessert.

**Préparation : 5 minutes • Donne : 2 à 3 portions**

**Conseil culinaire :** Pour obtenir un smoothie plus épais, congeler les bananes jusqu'à ce qu'elles soient fermes et utiliser des fruits surgelés.

**Variante :** Utiliser du lait au chocolat et omettre le miel.

VALEUR NUTRITIVE PAR PORTION : Calories : 156 | Protéines : 8 g | Glucides : 25 g | Gras : 3 g | Fibres : 2,1 g | Sodium : 97 mg | Calcium : 23 % / 258 mg

### SEPTEMBRE

## Muffins savoureux au fromage

« *J'ai emprunté cette recette à ma belle-sœur et je ne la lui ai jamais rendue! Au fil des ans, ces muffins délicieux sont devenus un incontournable de nos brunchs familiaux.* » — Lori Anseeuw

2 tasses (500 ml) de farine tout usage
1 c. à soupe (15 ml) de poudre à pâte
1 c. à soupe (15 ml) de ciboulette fraîche ou d'oignon vert
1 c. à thé (5 ml) de basilic séché
1/4 c. à thé (1 ml) de sel
1/4 c. à thé (1 ml) d'origan séché
1/4 c. à thé (1 ml) de poudre d'ail
1/2 tasse (125 ml) de beurre, ramolli
1/4 tasse (60 ml) de sucre
2 œufs
1 tasse (250 ml) de lait
1 tasse (250 ml) de Cheddar fort, de Gouda ou de Suisse, canadien, râpé
1 tasse (250 ml) de bacon cuit émietté, de jambon en dés, ou de pepperoni en dés

**1.** Préchauffer le four à 350 °F (180 °C). Beurrer 12 moules à muffins ou tapisser de moules en papier.
**2.** Dans un bol, mélanger la farine, la poudre à pâte, la ciboulette, le basilic, le sel, l'origan et la poudre d'ail.
**3.** Dans un grand bol, à l'aide d'un batteur électrique, battre le beurre avec le sucre jusqu'à ce que la consistance soit crémeuse. Incorporer les œufs et continuer de battre pour obtenir une consistance homogène. À l'aide d'une cuillère ou d'une spatule en bois, incorporer la moitié du mélange de farine; verser le lait jusqu'à ce que la consistance soit homogène. Ajouter le reste de la préparation de farine et mélanger juste assez pour humecter. Incorporer délicatement le fromage et le jambon.
**4.** Répartir dans les moules préparés. Cuire au four environ 30 minutes, ou jusqu'à ce qu'un cure-dent inséré au centre en ressorte propre. Laisser refroidir dans le moule 5 minutes, puis transférer sur une grille pour refroidir. Servir tiède, ou laisser refroidir complètement.

**Préparation : 15 à 20 minutes • Cuisson au four : 30 minutes • Donne : 12 muffins**

**Conseil culinaire :** Ces muffins sont à leur meilleur la journée de la cuisson. Emballer les muffins excédentaires individuellement dans une pellicule de plastique et congeler dans un contenant hermétique jusqu'à un mois. Décongeler et réchauffer au micro-ondes ou au grille-pain four.

VALEUR NUTRITIVE PAR PORTION (UN MUFFIN) : Calories : 242 | Protéines : 9 g | Glucides : 22 g | Gras : 13 g | Fibres : 0,6 g | Sodium : 417 mg | Calcium : 16 % / 173 mg

### OCTOBRE

## Potage facile au chou-fleur et au Cheddar

« *Ma famille raffole de cette soupe. C'est une solution simple et rapide lorsque vous êtes à court de temps. Transformez-la en un délicieux repas en la servant avec des scones, du pain croûté et une bonne salade!* » — Jody Spriel

9 tasses (2,25 l) de chou-fleur haché (environ 2 lb/1 kg)
2 branches de céleri, en dés
1 oignon, haché
3 pommes de terre, pelées et coupées en dés
2 c. à thé (10 ml) d'ail émincé
Poivre
2 tasses (500 ml) de bouillon de poulet à teneur réduite en sodium
1 tasse (250 ml) d'eau
2 c. à soupe (30 ml) de farine tout usage
2 1/2 tasses (625 ml) de lait
Muscade moulue
1 1/2 tasse (375 ml) de Cheddar canadien râpé, divisé
1/4 c. à thé (1 ml) de sel (environ)

**1.** Dans une grande casserole, mélanger le chou-fleur, le céleri, l'oignon, les pommes de terre, l'ail, le poivre au goût, le bouillon de poulet et l'eau; couvrir et amener à ébullition à feu vif. Réduire à feu moyen-doux, couvrir et laisser bouillir doucement de 15 à 20 minutes, ou jusqu'à ce que les légumes soient tendres.
**2.** Fouetter la farine dans le lait; verser dans la casserole et saupoudrer de muscade, au goût. Cuire, en remuant, environ 3 minutes, ou jusqu'à ce que le mélange épaississe légèrement. Retirer du feu.
**3.** À l'aide d'un mélangeur à main dans la casserole, ou en transférant le mélange par portions dans un mélangeur vertical, réduire en purée jusqu'à ce que la consistance soit lisse.
**4.** Remettre dans la casserole au besoin. Chauffer à feu moyen, en remuant souvent, environ 5 minutes, ou jusqu'à l'apparition de bulles. Retirer du feu et incorporer 1 tasse (250 ml) du fromage, jusqu'à ce qu'il soit fondu. Assaisonner de poivre et de sel (jusqu'à 1/4 c. à thé/1 ml). Verser dans des bols réchauffés et parsemer du reste de fromage.

**Préparation : 20 minutes • Cuisson : 40 minutes • Donne : 6 à 8 portions**

**Variante :** Ajouter une ou deux carottes, coupées en morceaux, avec le chou-fleur à la première étape. Pour rehausser le goût de fromage, employer du fromage Cheddar fort ou extra-fort canadien ou un Gouda ou un Suisse canadien au lieu du Cheddar.

VALEUR NUTRITIVE PAR PORTION : Calories : 230 | Protéines : 13 g | Glucides : 26 g | Gras : 9 g | Fibres : 4,9 g | Sodium : 384 mg | Calcium : 27 % / 293 mg

### NOVEMBRE

## Macaroni au fromage au jambon et au brocoli

« *Il est important pour nous de trouver le temps de partager en famille un moment de qualité au souper. Ce repas est l'un de nos préférés autour duquel nous réunir et bavarder; il est sain, facile à préparer, et mon mari comme mes trois filles s'en délectent.* » — Jennifer Eastman

1 c. à soupe (15 ml) de beurre
1 petit oignon, haché finement
1/4 tasse (60 ml) de céleri haché
2 c. à soupe (30 ml) de farine tout usage
1 1/3 tasse (325 ml) de lait
1 boîte (370 ml) de lait évaporé 2 <span> </span> %
1 tasse (250 ml) de Cheddar fort canadien, râpé
1/3 tasse (75 ml) de Parmesan canadien, râpé
1/2 c. à thé (2 ml) chaque, de sel et de poivre
2 tasses (500 ml) de macaroni
3 tasses (750 ml) de petits bouquets de brocoli
1 tasse (250 ml) de jambon Forêt Noire, coupé en dés, ou de bacon cuit, émietté (facultatif)

<b>Garniture<span> </span>:</b>
2 c. à soupe (30 ml) de beurre fondu
1 1/2 tasse (375 ml) de chapelure fraîche de blé entier
1 c. à soupe (15 ml) d'assaisonnement à l'italienne séché

**1.** Préchauffer le four à 375 °F (190 °C). Beurrer un plat de 8 tasses (2 l) allant au four.
**2.** Dans une grande casserole, faire fondre le beurre à feu moyen; faire revenir l'oignon et le céleri, environ 3 minutes, ou jusqu'à ce qu'ils soient légèrement dorés. Parsemer de la farine; cuire en remuant, 1 minute. Verser le lait et le lait évaporé dans la casserole; cuire, en remuant, environ 5 minutes, ou jusqu'à ce que le mélange épaississe. Retirer du feu; incorporer le Cheddar et le Parmesan, puis le sel et le poivre.
**3.** Entre-temps, dans une grande casserole d'eau bouillante, cuire les macaronis 5 minutes, ou jusqu'à ce qu'ils soient presque tendres. Ajouter le brocoli; cuire une minute. Égoutter et ajouter à la sauce avec le jambon (facultatif); remuer pour enrober. Étendre dans le plat préparé.
**4.** Pour la garniture : dans un petit bol, mélanger le beurre, la chapelure et l'assaisonnement à l'italienne. Parsemer sur le macaroni. Cuire au four préchauffé, environ 20 minutes, ou jusqu'à ce que la préparation soit bouillonnante et dorée.

**Préparation : 20 minutes • Cuisson : 30 à 35 minutes • Donne : 4 portions**

**Conseil culinaire :** Pour accélérer la préparation, cuire les macaronis et le brocoli jusqu'à ce qu'ils soient tendres à la 3e étape, et au lieu d'assembler dans le plat allant au four, remettre dans la casserole et ajouter la sauce; omettre la garniture et servir les pâtes tout de suite.

VALEUR NUTRITIVE PAR PORTION : Calories : 721 | Protéines : 33 g | Glucides : 87 g | Gras : 27 g | Fibres : 5,7 g | Sodium : 994 mg | Calcium : 73 % / 800 mg

### DECEMBRE

## Fondue au Parmesan du terroir

« *Ce plat est simple, délicieux et, surtout, il contient des produits de la ferme et des produits dérivés. Lorsque les gens me complimentent pour ma recette, je suis fière et contente qu'ils apprécient ce que nous faisons ici, sur notre ferme.* » — Claudie-Audrey Gagnon

6 c. à soupe (90 ml) de beurre
1/2 tasse (125 ml) de fécule de maïs
2 tasses (500 ml) de lait
1/3 tasse (75 ml) de Mozzarella canadienne, râpée
1/3 tasse (75 ml) de Parmesan canadien, râpé
1/3 tasse (75 ml) de fromage ferme canadien à croûte lavée, râpé
1 œuf
1/2 tasse (125 ml) d'eau
1/4 tasse (60 ml) de chapelure assaisonnée à l'italienne

**1.** Dans une casserole de taille moyenne, faire fondre le beurre à feu moyen; incorporer la fécule de maïs et cuire, en remuant, 1 minute, ou jusqu'à l'apparition de bulles. Verser graduellement le lait, en prenant soin de bien mélanger, et amener à ébullition, en remuant constamment. Cuire, en remuant, environ 3 minutes, ou jusqu'à ce que la préparation soit très épaisse.
**2.** Retirer du feu et incorporer la Mozzarella, le Parmesan et le fromage à croûte lavée, jusqu'à ce que la consistance soit homogène. Verser dans un plat en verre de 8 po (23 cm) en lissant le dessus. Laisser refroidir légèrement. Couvrir et réfrigérer au moins une heure, jusqu'à ce que le mélange ait refroidi, ou jusqu'à une journée.
**3.** Pour servir, préchauffer le four à 375 °F (190 °C). Beurrer une grande plaque à biscuits.
**4.** Dans un bol, fouetter l'œuf avec l'eau. Déposer la chapelure dans un autre bol. Renverser la préparation au fromage refroidie sur une planche à découper; couper en 16 carrés. Tremper chaque carré dans le mélange d'œufs; laisser dégoutter l'excès, puis tremper dans la chapelure, en pressant légèrement pour bien la faire adhérer. Déposer les carrés sur la plaque préparée, à au moins un pouce (2,5 cm) de distance.
**5.** Cuire au four 15 minutes, ou jusqu'à ce que les carrés semblent mous au toucher et que les dessous soient brun doré. Retourner pour que le côté doré soit sur le dessus, et servir.

**Préparation : 20 à 30 minutes • Réfrigération : 1 1/2 heure • Cuisson sur la cuisinière et au four : 25 minutes • Donne : 16 morceaux, de 4 à 8 portions**

**Variante :** Utiliser en tout une tasse (250 ml) de une ou deux variétés de fromage; se limiter à la Mozzarella et au Parmesan ou deux variétés légères, ou au fromage à croûte lavée pour une variante plus rehaussée.

VALEUR NUTRITIVE PAR PORTION : Calories : 209 | Protéines : 7 g | Glucides : 13 g | Gras : 14 g | Fibres : 0,3 g | Sodium : 190 mg | Calcium : 17 % / 191 mg

# LOOK FOR



## What does this symbol stand for?

This symbol is a seal of origin that guarantees the dairy products you're buying are made from 100% Canadian milk renowned for its quality, purity and great taste.

When you buy dairy products made from 100% Canadian milk, you're also supporting Canadian dairy farmers.

And that's something we can all be proud of.

# 2014 MILK CALENDAR

Every reasonable effort is made by the publisher of this Calendar to ensure the accuracy of the information it contains; however, the publisher is not responsible for any costs arising from errors or omissions or for changes made subsequent to the date of publication.

For more information about the Milk Calendar, visit our Web site at [MilkCalendar.ca](http://MilkCalendar.ca)

©2014 Dairy Farmers of Canada

Thank you to every farmer who shared a recipe with us, and special thanks to Ed and Reuben Bos from Bosdale Farms for kindly allowing us to feature them on this year's cover.

Design and Production: kbs+ canada lp  
Photography: Philip Rostron, Instil Productions  
Food Stylist: Olga Truchan  
Recipe Contributor and Testing:  
Jennifer MacKenzie, P.H.E.C.  
Nutritional Analysis: Judith Blucheau, R.D.  
Printing: St. Joseph Print Group



Brought to you by the Dairy Farmers of your province



Dairy Farmers of Ontario



www.saskmilk.ca



www.milk.mb.ca



www.bcdairy.ca