



# DRY MILK

Approximately 1 1/3 cups (3.2 oz.) instant nonfat dry milk + 3 3/4 cups cold water = 1 qt. liquid nonfat milk.

For toppings: Use equal proportions of instant nonfat dry milk and very cold water or fruit juice. May be stabilized by adding lemon juice after soft peaks form. Can also be sweetened by adding confectioners sugar after it's whipped. Instant nonfat dry milk is a real dairy product.

Neither sleet, snow, rain, delivery delays nor store closings can stop you from preparing nutritious meals. That's if you've stocked your refrigerator with meat and vegetables and your pantry shelf with a convenience food like nonfat dry milk. It's an ingredient that can be used from bread to soup, main dishes to dessert.

Today's versatile nonfat dry milk does not need to be reconstituted if it's used with other dry ingredients, as in bread or rolls. Simply mix it with them. Should you want to make a beverage, such as Cranberry Lemon Shake, sprinkle over cold water in a blender and mix until foamy.

You can keep the calories down on the pie and other toppings by whipping nonfat dry milk with fruit juice such as pineapple and lemon. Use a thoroughly chilled bowl and beaters for best results, beating until foamy. Continue beating until stiff peaks form.

For Swiss Broccoli Soup and Cheesy Onion Bread, mix nonfat dry milk with flour and other ingredients as a first step. In assembling the unusual Cabbage Layered Meat Loaf, combine nonfat dry milk with bread crumbs, seasonings and water.

Write for additional information to American Dry Milk Institute, Inc., 130 North Franklin Street, Chicago, Illinois 60606.

## SWISS BROCCOLI SOUP

Yield: approx. 8 cups

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|---|--|
| 1 cup instant nonfat dry milk                         | 1/4 cup (1/2 stick) butter                                     |
| 3 tablespoons flour                                   | 1/4 cup chopped green onion                                    |
| 1/2 teaspoon salt                                     | 1 package (10 oz.) frozen chopped broccoli, cooked and drained |
| 1/8 teaspoon pepper                                   | 1 1/2 cups (8 oz.) shredded Swiss cheese                       |
| 1/8 teaspoon garlic powder                            |  |
| 2 1/4 cups water                                      |  |
| 1 can (10 3/4 oz.) condensed chicken broth, undiluted |  |

Combine dry milk, flour and seasonings in a 3-quart heavy saucepan. Stir in water and condensed chicken broth until smooth. Bring to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Meanwhile, sauté onion in butter until tender, about 3 minutes. Stir onion mixture and cooked broccoli into thickened mixture. Remove from heat and gradually stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Serve immediately.

## CABBAGE LAYERED MEAT LOAF

6 servings

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|---|---------------------------------------|
| <b>SAUCE:</b>   | <b>MEAT LOAF:</b>                     |
| 1/2 cup chopped onion   | 8 dark green cabbage leaves           |
| 1/3 cup chopped celery  | 1 cup soft bread crumbs               |
| 2/3 cup catsup  | 1/2 cup instant nonfat dry milk       |
| 1/4 cup water   | 1/2 cup water                         |
| 1 tablespoon EACH: brown sugar, fresh lemon juice, cider vinegar and Worcestershire sauce | 1/2 teaspoon salt                     |
|   | 1/4 teaspoon pepper                   |
|   | 1 pound ground round steak            |
|   | 1 cup (4 oz.) shredded Cheddar cheese |

For sauce, sauté onion and celery in butter in 1-quart heavy saucepan until tender, about 5 minutes. Remove from heat and stir in remaining ingredients. Bring to boiling, stirring frequently. Simmer, uncovered, 15 minutes; set aside. Preheat oven to 325° F. For meat loaf, chop cabbage coarsely. Cook in salted boiling water, uncovered, 5 minutes; drain. Combine bread crumbs, dry milk, water, salt and pepper in a large mixing bowl. Mix in meat. Pat half of meat mixture onto bottom of an 8-inch square baking pan. Combine cabbage and half of the cheese. Spread over meat. Top with remaining meat mixture. Spoon sauce over all. Bake 35 to 60 minutes. Remove from oven and sprinkle with remaining half of cheese. Let stand 10 minutes before serving.

**MICROWAVE METHOD:** Prepare meat loaf and sauce as directed above; however, do not spoon sauce over meat loaf. Microwave meat loaf at High 12 to 16 minutes, rotating half 1/2 turn after half the cooking time. Spoon sauce over meat loaf; sprinkle with remaining half of cheese. Microwave at High 2 to 3 minutes. Let stand 5 minutes before serving.

## CHEESY ONION BREAD

Yield: 2 loaves

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|-----------------------------------|--|
| 5 to 5 1/2 cups all-purpose flour | 3 tablespoons butter                   |
| 1/2 cup instant nonfat dry milk   | 2 eggs                                 |
| 2 packages active dry yeast       | 2 cups (8 oz.) shredded Cheddar cheese |
| 3 tablespoons sugar               | 1/2 cup sliced green onion             |
| 2 teaspoons salt                  | Butter                                 |
| 1 1/2 cups water                  |  |

Combine 2 cups flour, dry milk, dry yeast, sugar and salt in a large mixing bowl. Heat water and butter until very warm (120° to 130°F). Gradually add to dry ingredients. Beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Beat in eggs. Add 1 cup flour. Beat 2 minutes on high speed, scraping bowl occasionally. Stir in cheese, onion and enough additional flour to make a stiff dough. Turn out on lightly floured surface; knead until smooth and elastic, about 10 minutes. Place in buttered bowl; turn to butter top. Cover; let rise in warm place until doubled in bulk, about 1 hour.

Punch dough down. Divide in half. Roll out each half on lightly floured surface to form a 12 x 8-inch rectangle. Beginning with short side, roll up tightly. Seal seam and both edges. Place seam side down in 2 buttered 9 x 5-inch loaf pans. Cover; let rise in warm place until doubled in bulk, about 45 minutes. Preheat to 375° F. Bake 35 to 40 minutes or until golden brown and loaf sounds hollow when tapped. Remove from pans and cool completely on wire racks. Serve with butter.

## FLUFFY BLUE CHEESE DRESSING

Yield: approx. 2 cups

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|----------------------------------|-----------------------------|
| 1 1/2 cups cottage cheese        | 1/2 cup (2 oz.) Blue cheese |
| 3 tablespoons minced green onion | 1/2 teaspoon salt           |
| 1/8 teaspoon pepper              | 1/8 teaspoon garlic powder  |
| 1/3 cup instant nonfat dry milk  | 1/4 cup cold water          |
| 2 tablespoons fresh lemon juice  |                             |

Beat cottage cheese in small deep mixing bowl on high speed of mixer until almost smooth, about 5 minutes. Fold in Blue cheese, onion and seasonings. Meanwhile, sprinkle nonfat dry milk over water in chilled small deep mixing bowl. Beat until foamy. Add lemon juice and continue beating until stiff peaks form. Fold into cottage cheese mixture. Chill dressing, covered, 3 to 4 hours, to allow flavors to blend. Serve over chilled marinated vegetables on lettuce.

## FLUFFY FRUIT PIE

One 9-inch pie

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| <b>CRUST:</b>                            | 1/3 cup maraschino cherries, chopped                              |
| 1 1/4 cups graham cracker crumbs         | 1/3 cup flaked coconut  |
| 1/3 cup butter, melted                   |   |
| 1/4 cup sugar                            |   |
| 1/2 teaspoon cinnamon                    |   |
| 1/2 teaspoon nutmeg                      |   |
| <b>FILLING:</b>                          |   |
| 12/3 cups unsweetened pineapple juice    | 1/2 cup instant nonfat dry milk                                   |
| 1 package (3 oz.) lemon flavored gelatin | 1/2 cup unsweetened pineapple juice, chilled                      |
| 1/3 cup instant nonfat dry milk          | 1 tablespoon fresh lemon juice                                    |
| 1/3 cup cold water                       | 1 can (11 oz.) mandarin orange and pineapple pieces, well drained |
| 1 tablespoon fresh lemon juice           |   |

Preheat oven to 350° F. For crust, combine all ingredients. Press onto bottom and sides of a 9-inch pie plate. Bake 8 to 10 minutes. Cool completely on wire rack. Refrigerate while preparing filling. For filling, heat 1 cup pineapple juice to boiling. Dissolve gelatin in liquid. Stir in remaining 2/3 cup juice. Chill until mixture is partially set. Sprinkle 1/3 cup dry milk over 1/3 cup cold water in chilled small deep mixing bowl. Beat until foamy. Add lemon juice. Continue beating until stiff peaks form. Fold whipped milk, fruit and coconut into gelatin mixture. Spoon into chilled crust. Chill several hours or overnight until firm. About 1 hour before serving, prepare topping. For topping, sprinkle 1/2 cup dry milk over 1/2 cup chilled pineapple juice. Beat until foamy. Add lemon juice. Continue beating until stiff peaks form. Spread to within 1 inch of edges. Garnish with orange and pineapple pieces and a cherry.

## CRANBERRY LEMON SHAKE

Yield: approx. 4 cups

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|--|--------------------------------------|
| 2 cups water   | 1 pint lemon sherbet, softened       |
| 3/4 cup (half of a 12 oz. can) frozen cranberry juice cocktail | Few drops red food color, if desired |
| concentrate, thawed  | Lemon sherbet                        |
| 1/2 cup instant nonfat dry milk                                |                                      |

Place water, concentrate and dry milk in blender container; cover. Blend until well combined. Add sherbet and food color; blend until smooth and frothy. Serve immediately in tall chilled glasses garnished with a small scoop of lemon sherbet.

Pour  
Some  
Milk  
Into  
Hot,  
Hearty  
Meals