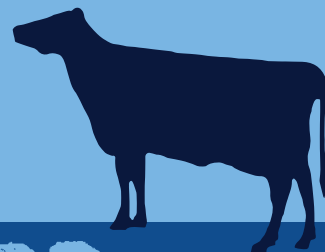


JUNE IS

DAIRY



MONTH!

Began in 1937

Annual tradition to celebrate dairy farmers

Favorite dairy foods:

YOGURT

frozen yogurt was first introduced to the world in the early 1970s in New England

MILK

one of the most nutritionally dense foods you can buy

ICECREAM

most popular flavor is vanilla



BUTTER

the yellow color comes from the natural pigment carotene found in a cow's feed



CHEESE

it takes 10 pounds of milk to make 1 pound of cheese



#UndeniablyDairy Easy Recipe

Cheesy Egg Scrambler

- 1/2 whole-wheat pita bread
- 2 large egg whites
- 1/4 cup shredded reduced-fat mild cheddar cheese

Toast pita; set aside. Spray small skillet with non-stick cooking spray. Heat over medium heat 20 to 30 seconds. Scramble egg whites and cheese in preheated skillet until egg whites are set and cheese is melted. Fill pita pocket with eggs and cheese; serve. Kick up the flavor with zesty Jalapeño or Monterey Jack cheese or add chopped mushrooms, onions or green peppers to egg whites before scrambling.

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