



Basic White Sauce

A white sauce is the base for many dishes. How is skin formation and scorching avoided?

Prep time: 5 minutes

Cooking time: 10 minutes

Yields: 4 servings

Ingredients

¼ cup (60 ml) **butter**

¼ cup (60 ml) all-purpose flour

2½ cups (625 ml) warm **milk** (1%, 2% or 3.25%)

Salt and white pepper to taste

Instructions

1. Melt butter in a heavy bottom sauce pan over medium low heat. Ensure that the butter does not brown.
2. Add flour and stir until fully mixed. The butter and flour mixture should bubble up slightly.
3. Add about ½ cup of the warm milk slowly, stirring to keep the mixture smooth.
4. Add the remainder of the warm milk slowly, stirring constantly.
5. Heat to just a gentle rolling simmer, stirring constantly. Cook for 6 to 8 minutes until desired consistency and flour is cooked.
6. Season to taste with salt and white pepper.



Watch a video that demonstrates this recipe on the [moreaboutmilk.ca](http://www.moreaboutmilk.ca) website at www.moreaboutmilk.com/recipes/recipe/easy-mac-and-cheese-with-basic-white-sauce/.

Adapted from Alberta Milk *Basic White Sauce*

www.moreaboutmilk.com/recipes/recipe/easy-mac-and-cheese-with-basic-white-sauce/



Tips

- Slightly warming the milk helps it to incorporate into the flour and butter mixture and keeps the sauce nice and smooth.
- For a thinner sauce, use 2 tbsp (30 ml) of butter and 2 tbsp (30 ml) of flour to 2 cups (500 ml) of milk.
- For a thicker sauce, use 6 tbsp (90 ml) of butter and 6 tbsp (90 ml) of flour to 2 cups (500 ml) of milk.

Nutrients per serving	Food groups per serving
Calories – 189 kcal	Vegetables and Fruit – 0
Protein – 5 g	Grain Products – 0.5
Fat – 8 g	Milk and Alternatives – 0.5
Carbohydrates – 12 g	Meat and Alternatives – 0
Fibre – 0.2 g	
Sodium – 142 mg	
Calcium – 166 mg	

1% milk used in analysis

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Dairy Farmers of Canada

Cream of Asparagus Soup

Cream soups are made with three basic ingredients – the vegetable base, a thickener and milk or cream. The asparagus in this cream of asparagus soup also contains tannins. How are principles of protein cooking applied in this recipe?

Prep time: 10 minutes

Cooking time: 20 minutes

Yields: 6 servings

Ingredients

- 1 lb (500 g) fresh asparagus
- 2 cups (500 ml) chicken broth or water
- 1 small onion, finely chopped
- 3 tbsp (45 ml) **butter**
- 3 tbsp (45 ml) all-purpose flour
- 2 cups (500 ml) **milk**
- Salt and pepper to taste

Instructions

1. Discard the white part of asparagus stalks. Rinse well in cold water. Cut into 1-inch (3 cm) pieces.
2. Place in saucepan with water or chicken stock. Add onion, cover and bring to a boil. Cook until asparagus is tender, about 7 to 10 minutes. Reserve a few tips for garnish.
3. Purée soup in blender or food processor.
4. Melt butter in saucepan. Then, stir in flour and cook until smooth and bubbly.
5. Add milk and seasonings then cook, stirring constantly until sauce thickens and comes to a boil. Add asparagus purée. Adjust seasoning to taste.
6. Serve hot or cold, garnished with reserved asparagus.

From Dairy Goodness: Dairy Farmers of Canada *Cream of Asparagus Soup*
www.dairygoodness.ca/recipes/cream-of-asparagus-soup



Tips

Look for low sodium chicken broth in the grocery store.

Nutrients per serving (1% milk)	Food groups per serving
Calories – 137 kcal	Vegetables and Fruit – 1
Protein – 7 g	Grain Products – 0
Fat – 4 g	Milk and Alternatives – 0.5
Carbohydrates – 12 g	Meat and Alternatives – 0
Fibre – 1.9 g	
Sodium – 108 mg	
Calcium – 134 mg	

1% milk used in analysis

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Creamy Cocoa Pudding

This creamy cocoa pudding demonstrates how milk is used as a thickening agent. How do principles of protein cooking apply to this recipe?

Prep time: 10 minutes

Cooking time: 10 minutes

Set time: 20 minutes

Yields: 4 servings

Ingredients

- ½ cup (125 ml) sugar
- ¼ cup (60 ml) cocoa powder
- ⅓ cup (75 ml) flour
- 1 cup (250 ml) milk
- 1 cup (250 ml) 10% cream

Instructions

1. Combine sugar, cocoa and flour.
2. Slowly add milk and cream. Mix well.
3. Pour mixture in a saucepan. Cook and stir over medium heat until mixture boils and thickens.
4. Pour mixture into pudding dishes, cover dishes with plastic wrap and refrigerate approximately 20 minutes until set.

From *What's New in Dairy and Eggs?* Winter 2006

Tips

- When cooking, stir constantly and keep heat at medium to low.

Nutrients per serving

Calories – 251 kcal
Protein – 6 g
Fat – 9 g
Carbohydrates – 42 g
Fibre – 1.8 g
Sodium – 56 mg
Calcium – 156 mg

Food groups per serving

Vegetables and Fruit – 0
Grain Products – 0.5
Milk and Alternatives – 0.5
Meat and Alternatives – 0

1% milk used in analysis

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Creamy Tomato Rice Soup

This homemade tomato soup demonstrates how milk should be cooked with an acid ingredient, such as the tomatoes. How is curdling avoided in this recipe?

Prep time: 5 minutes

Cooking time: 25 minutes

Yields: 4 servings

Ingredients

- 1 tbsp (15 ml) **butter**
- 3 cloves garlic, minced
- 1 chopped onion
- 1½ tsp (7 ml) dried basil, oregano or Italian seasoning
- Salt and pepper
- 1 can (796 ml) diced tomatoes with juice
- 1 cup (250 ml) reduced-sodium vegetable or chicken broth
- 2 tbsp (30 ml) all-purpose flour
- 2 cups (500 ml) **milk**
- 1 cup (250 ml) cooked brown rice or mixed grains
- ½ tsp (2 ml) granulated sugar, optional
- Chopped fresh chives

Instructions

1. In a large pot, melt butter over medium heat.
2. Add garlic, onion, basil and ¼ tsp (1 ml) each of salt and pepper.
3. Cook, stirring often, for 5 minutes or until tender.
4. Add tomatoes and broth. Cover and bring to a boil over high heat.
5. Reduce heat to medium low and boil gently, covered, for 10 minutes or until tomatoes are very soft. Remove from heat.
6. Use an immersion blender in the pot or transfer soup in batches to an upright blender. Purée soup until smooth. Return to pot, if necessary.
7. Whisk flour into milk. Gradually pour into pot while whisking constantly.
8. Stir in rice and cook over medium heat, stirring often, for about 5 minutes or until slightly thickened and steaming.
9. Season to taste with sugar, if desired, pepper and up to ¼ tsp (1 ml) salt.
10. Ladle soup into warm bowls and sprinkle with chives.



Watch a video that shows how to make this creamy tomato rice soup on the Dairy Farmers of Canada website at www.dairygoodness.ca/recipes/creamy-tomato-rice-soup.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Creamy Tomato Rice Soup*
www.dairygoodness.ca/recipes/creamy-tomato-rice-soup

Variations

- For a curried tomato soup, omit the basil, add 2 tbsp (30 ml) minced ginger root and 1 tbsp (15 ml) Indian yellow curry paste or powder with the garlic. Replace the chives with cilantro.

Nutrients per serving (1% milk)	Food groups per serving
Calories – 201 kcal	Vegetables and Fruit – 3
Protein – 10 g	Grain Products – 0.5
Fat – 5 g	Milk and Alternatives – 1
Carbohydrates – 32 g	Meat and Alternatives – 0
Fibre – 3.5 g	
Sodium – 388 mg	
Calcium – 237 mg	

1% milk used in analysis

www.eatracker.ca/recipe_analyzer.aspx



Creamy Tomato Sauce

This creamy tomato sauce uses a roux as its base. A roux helps prevent curdling as starch stabilizes the cream. The tomatoes thicken the sauce. How does the roux counter the acid in the tomatoes?

Prep time: 10 minutes

Cooking time: 15 minutes

Yields: 6 servings

Ingredients

- 1 tbsp (15 ml) **butter**
- 1 cup (250 ml) finely chopped onion
- 1 cup (250 ml) thinly sliced mushrooms
- 2 tbsp (30 ml) all-purpose flour
- 14 oz (796 ml) diced tomatoes, with juice
- 2 tbsp (30 ml) light **sour cream**
- Salt and pepper to taste

Instructions

1. Melt butter in a large frying pan over medium high heat. Add onion and cook for about 5 minutes or until softened.
2. Add mushrooms and cook for about 3 minutes or until softened.
3. Stir in flour and cook for 1 minute.
4. Stir in tomatoes, salt and pepper. Reduce heat to medium low. Simmer for about 5 minutes or until slightly thickened. Stir in sour cream.

Adapted from Alberta Milk *Creamy Tomato Sauce*

www.moreaboutmilk.com/recipes/recipe/cheesy-meatballs-with-creamy-tomato-sauce/

Tips

- To prevent sauce from separating, keep heat on low once all ingredients are added.
- Look for low-sodium or no salt added canned tomatoes in the grocery store.

Nutrients per serving

Calories – 69 kcal
Protein – 2.2 g
Fat – 2.8 g
Carbohydrates – 10.3 g
Fibre – 1.7 g
Sodium – 212 mg
Calcium – 55.6 mg

Food groups per serving

Vegetables and Fruit – 1.5
Grain Products – 0
Milk and Alternatives – 0
Meat and Alternatives – 0

Light sour cream and white mushrooms used in analysis

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Easy Creamy Microwave Risotto

This risotto recipe is a cooked milk dish that demonstrates the use of a microwave. What adjustments should be made when using a microwave instead of an oven to cook a milk dish?

Prep time: 10 minutes

Cooking time: 35 minutes

Yields: 4 servings

Ingredients

- 2 tbsp (30 ml) **butter**
- ½ cup (125 ml) thinly sliced green onions
- 1 garlic clove, minced
- 1 cup (250 ml) Arborio or Italian-style rice
- 2 cups (500 ml) low sodium chicken or vegetable broth
- 1 cup (250 ml) **milk**
- 2 cups (500 ml) chopped broccoli
- 1 cup (250 ml) grated carrot
- ½ cup (125 ml) low sodium chicken broth
- 1 cup (250 ml) shredded aged **cheddar cheese**

Fresh ground black pepper to taste

Grated **Parmesan cheese** and fresh chopped parsley, optional

Instructions

1. Melt butter in a deep 2 quart (2 L) microwave safe dish on high for about 20 seconds or until melted.
2. Add onion and garlic, and stir to coat. Cook uncovered on high for 2 to 3 minutes or until onion is softened.
3. Add rice, broth and milk, and stir. Cook uncovered on high for 20 minutes. Stir halfway through cooking.
4. Add broccoli, carrot and broth, and stir. Cook uncovered on high for 5 to 7 minutes or until rice and broccoli are tender.
5. Stir in pepper and cheddar cheese. Cover and let stand for 5 minutes. Sprinkle with Parmesan cheese and parsley if desired.



Search the internet for videos on "how to make microwave risotto" and compare the steps to those in this recipe.

Adapted from Alberta Milk *Easy Creamy Microwave Risotto*

www.moreaboutmilk.com/recipes/recipe/easy-creamy-microwave-risotto/

Nutrients per serving	Food groups per serving
Calories – 438 kcal	Vegetables and Fruit – 1.7
Protein – 18 g	Grain Products – 1.5
Fat – 18 g	Milk and Alternatives – 0.8
Carbohydrates – 64 g	Meat and Alternatives – 0
Fibre – 3.6 g	
Sodium – 342 mg	
Calcium – 348 mg	

1% milk and white, short-grain rice used in analysis; Parmesan cheese and parsley not included

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Hot Chocolate

This homemade hot chocolate recipe demonstrates the reaction of milk proteins to heat. If heat is too high, a skin layer can form. What other effect can high heat have on milk?

Prep time: 5 minutes

Cooking time: 10 minutes

Yields: 3 cups or 4 servings

Ingredients

- 2 tbsp (30 ml) cocoa powder
- 4 tsp (20 ml) sugar
- 3 cups (750 ml) milk

Instructions

1. In a large saucepan, combine cocoa and sugar.
2. Add just enough milk to make a smooth paste. Slowly stir in the remaining milk.
3. Cook over medium heat until heated through, stirring frequently.
4. Pour into mugs and serve with cinnamon sticks or marshmallows.

Tips

- If medium heat is too high, lower heat and stir constantly to prevent burning and skin formation.
- Top with whipped cream and chocolate shavings.

Nutrients per serving

Calories – 104 kcal
Protein – 7 g
Fat – 1 g
Carbohydrates – 16 g
Fibre – 0.9 g
Sodium – 86 mg
Calcium – 245 mg

Food groups per serving

Vegetables and Fruit – 0
Grain Products – 0
Milk and Alternatives – 1
Meat and Alternatives – 0

1% milk used in analysis

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Jazzberrylicious Smoothie

This yogurt-based smoothie is made with blueberries, which contain tannins. What can tannins do to milk products?

Prep time: 5 minutes

Yields: 3 cups

Ingredients

- 1 cup (250 ml) milk
- ¾ cup (175 ml) blueberry yogurt
- ¼ cup (60 ml) pomegranate or cranberry juice
- 1 cup (250 ml) blueberries, fresh or frozen
- Handful of crushed ice

Instructions

1. Add all ingredient to a blender and blend until smooth.
2. Pour into serving glasses.



Watch a video that shows how to make fruit smoothies and look for similarities and differences on the Dairy Farmers of Canada website at www.dairygoodness.ca/recipes/any-day-any-time-smoothies.

From Alberta Milk Smoothies

Nutrients per serving

Calories – 136 kcal
Protein – 6 g
Fat – 2 g
Carbohydrates – 24 g
Fibre – 1.3 g
Sodium – 71 mg
Calcium – 188 mg

Food groups per serving

Vegetables and Fruit – 1
Grain Products – 0
Milk and Alternatives – 0.5
Meat and Alternatives – 0

1% milk and 100% cranberry juice used in analysis
www.eatracker.ca/recipe_analyzer.aspx





Orange and Banana Smoothie

This simple smoothie recipe demonstrates how a citrus fruit, such as oranges, can be combined with milk. If left for a while, the mixture can curdle because of the reaction of the milk protein to the acid in the fruit. How can curdling be prevented?

Prep time: 5 minutes

Yields: 3 servings

Ingredients

- 2 cups (500 ml) milk
- 1 medium banana, peeled and quartered
- ½ cup (125 ml) orange juice, frozen from concentrate

Instructions

1. Blend all ingredients together on high speed until smooth and frothy.
2. Pour into three glasses.



Watch a video that shows how to make fruit smoothies and look for similarities and differences on the Dairy Farmers of Canada website at www.dairygoodness.ca/recipes/any-day-any-time-smoothies.

From Dairy Goodness: Dairy Farmers of Canada *Orange and Banana Smoothie*
www.dairygoodness.ca/recipes/orange-and-banana-smoothie

Nutrients per serving

Calories – 129 kcal
Protein – 7 g
Fat – 1 g
Carbohydrates – 23 g
Fibre – 0.8 g
Sodium – 77 mg
Calcium – 222 mg

Food groups per serving

Vegetables and Fruit – 0.5
Grain Products – 0
Milk and Alternatives – 0.5
Meat and Alternatives – 0

www.eatracker.ca/recipe_analyzer.aspx





Paneer

Paneer is a staple ingredient in many Indian dishes. How does this recipe illustrate the basic steps in cheese making?

Prep time: 5 minutes

Cooking time: 15 minutes

Set time: 25 minutes

Yields: 12 servings of 1 oz

Ingredients

8 cups (2 L) 3.25% milk

¼ cup (60 ml) lemon juice

Instructions

1. In a large saucepan, bring milk to a boil, stirring frequently. Remove from heat.
2. Add lemon juice. Stir until the milk curdles and separates into curds, or spongy white chunks and whey, a milky water.
3. Line the colander with doubled cheesecloth and set in sink.
4. Pour the mixture into the colander and gently rinse with cool water. Take ends of cheesecloth and twist the ball of cheese to squeeze out excess whey. Hang the cheesecloth and let drain for an extra 5 minutes.
5. Fold cheesecloth to compact the ball of cheese and set on a plate. Put another plate on top and press by setting a heavy pot or weight on the plate.
6. Refrigerate for about 20 minutes. Remove cheesecloth and serve or use in a dish such as palak paneer.

Nutrients per serving

Calories – 100 kcal

Protein – 5 g

Fat – 5.3 g

Carbohydrates – 8.3 g

Fibre – 0 g

Sodium – 70 mg

Calcium – 184 mg

Food groups per serving

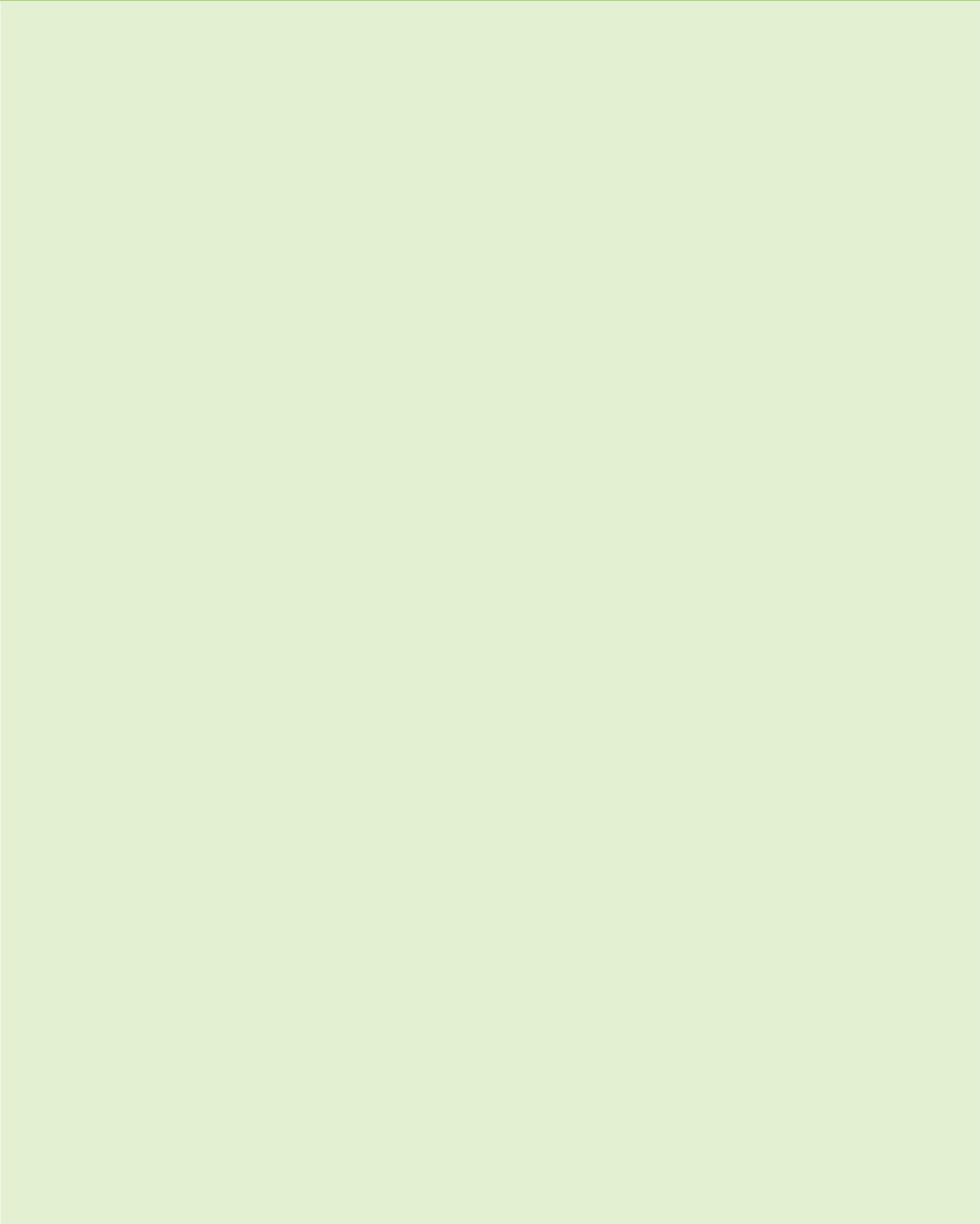
Vegetables and Fruit – 0

Grain Products – 0

Milk and Alternatives – 0.5

Meat and Alternatives – 0

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Scalloped Potatoes

This scalloped potato and ham recipe demonstrates the reaction of milk products to tannins and salt. The proteins in milk will coagulate when mixed with tannins and salt, causing curdling or lumps. What cooking processes are used to avoid this curdling?

Prep time: 15 minutes

Cooking time: 50 minutes to 1 hour

Yields: 6 servings

Ingredients

- 2 tbsp (30 ml) **butter**
- 3 garlic cloves, minced
- 1 onion, thinly sliced
- 1 tsp (5 ml) dried thyme
- 1 tsp (5 ml) salt
- ¼ tsp (1 ml) pepper
- ¼ cup (60 ml) all-purpose flour
- 3 cups (750 ml) **milk**
- 1 tbsp (15 ml) grainy or Dijon mustard
- 1½ cups (375 ml) diced smoked ham
- 6 medium potatoes, peeled and thinly sliced
- 1 cup (250 ml) shredded **Canadian cheddar** or **Gouda cheese**

Instructions

1. Preheat oven to 350° F (180° C). Lightly butter a 13 x 9 inch (33 x 23 cm) glass baking dish.
2. In large pot, melt butter over medium heat, then add garlic, onion, thyme, salt and pepper. Cook, stirring, for about 5 minutes or until softened.
3. Sprinkle with flour then cook, stirring, for 30 seconds. Gradually whisk in milk and mustard; bring to a boil, stirring. Cook, stirring, for about 5 minutes or until thickened.
4. Remove from heat and stir in ham. Add potatoes and toss gently to coat in sauce.
5. Spread evenly into prepared dish. Sprinkle with cheese.
6. Bake, uncovered, for about 50 minutes or until golden and bubbling and potatoes are tender. Let stand for 10 minutes before serving.



Watch a video that shows how to make scalloped potatoes and look for similarities and differences on the Dairy Farmers of Canada website at www.dairygoodness.ca/recipes/herb-sweet-onion-scalloped-potatoes.

From Dairy Goodness: Dairy Farmers of Canada *Scalloped Potatoes*
www.dairygoodness.ca/recipes/all-in-one-ham-and-scalloped-potatoes

Tips

- ☑ This recipe can be made without the ham, but it is a great way to use up leftovers. Baked dishes can be cooled, covered and refrigerated for up to one day. Reheat, covered, in a 350° F (180° C) oven for about 45 minutes.

Nutrients per serving	Food groups per serving
Calories – 315 kcal	Vegetables and Fruit – 1.5
Protein – 18 g	Grain Products – 0
Fat – 11 g	Milk and Alternatives – 1
Carbohydrates – 25 g	Meat and Alternatives – 0
Fibre – 2.1 g	
Sodium – 720 mg	
Calcium – 325 mg	

1% milk, cheddar cheese and no ham used in analysis

www.eatracker.ca/recipe_analyzer.aspx



Photograph courtesy of Dairy Farmers of Canada

Shortcut Chicken Pot Pie

This chicken pot pie recipe is a cooked milk dish that includes buttermilk biscuits. Both the filling and biscuit topping are made with cream. What function does the cream have in both parts of this dish?

Prep time: 25 minutes

Cooking Time: 20 minutes

Yields: 6 servings

Ingredients

Filling

- 1 tbsp (15 ml) all-purpose flour
- ¼ tsp (1 ml) salt
- ¼ tsp (1 ml) pepper
- ¼ cup (60 ml) 10% **half-and-half cream** or 18% **table cream**
- 3 cups (750 ml) coarsely shredded cooked chicken
- 1 package (500 g) frozen mixed vegetables, thawed and drained

Instructions

Filling

1. Preheat oven to 425° F (220° C). Butter an 8-inch (20 cm) square baking dish.
2. In a large bowl, whisk together flour, salt, pepper and cream.
3. Add chicken and vegetables and toss to coat.
4. Spread in baking dish. Bake for 10 minutes.



Ingredients

Biscuit Topping

- ¾ cup (175 ml) whole wheat flour
- ½ cup (125 ml) all-purpose flour
- 2 tsp (10 ml) baking powder
- 2 tsp (10 ml) granulated sugar
- 1 tsp (5 ml) dried basil or rosemary
- 1 tsp (5 ml) dry mustard
- ¼ tsp (1 ml) salt
- ¼ tsp (1 ml) pepper
- ¾ cup (175 ml) 10% half-and-half cream or 18% table cream
- 2 tbs (30 ml) butter, melted

Instructions

Topping

1. In a bowl, whisk together whole wheat flour, all-purpose flour, baking powder, sugar, basil, mustard, salt and pepper.
2. Pour in the cream and melted butter. Stir with a fork just until evenly moistened.
3. Drop 8 spoonfuls on top of chicken filling and spread slightly so it almost covers it.
4. Bake for about 20 minutes or until topping is puffed, golden and a tester inserted in the centre of biscuit comes out clean.



Watch a video that demonstrates another chicken pot pie recipe on the Food Network website at www.foodnetwork.com/recipes/ellie-krieger/chicken-and-biscuit-pot-pie-recipe/index.html.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Shortcut Chicken Pot Pie*
www.dairygoodness.ca/recipes/shortcut-chicken-pot-pie

Tips

- To save time, use leftover cooked chicken or meat from a rotisserie chicken and use frozen vegetables that have been thawed. Add these vegetables at the same time as the peas.
- Choose your favourite mixture of frozen vegetables for this recipe.
- Leftover turkey works well in this recipe instead of the chicken.
- If you have leftover gravy, add ½ cup (125 ml) to the chicken mixture for a saucier texture.
- Add ½ tsp (2 ml) smoked paprika or chipotle powder with the herbs in the topping.

Nutrients per serving	Food groups per serving
Calories – 518 kcal	Vegetables and Fruit – 1.9
Protein – 40 g	Grain Products – 0.8
Fat – 18 g	Milk and Alternatives – 0.3
Carbohydrates – 52 g	Meat and Alternatives – 1.2
Fibre – 8.1 g	
Sodium – 631 mg	
Calcium – 262 mg	

1% milk, ¾ cup peppers, ¾ cup mushrooms and extra lean ham used in analysis
www.eatracker.ca/recipe_analyzer.aspx



Tuna Casserole Deluxe

This tuna casserole provides an example of a **gratin**, a baked dish that is topped with a browned crust, often breadcrumbs and grated cheese.

Prep time: 25 minutes

Cooking time: 30 minutes

Yields: 6 servings

Ingredients

- 2 cups (500 ml) broad egg noodles
- ¼ cup (60 ml) **butter**
- ½ cup (125 ml) finely chopped onion
- ¼ cup (60 ml) all-purpose flour
- ¾ tsp (3 ml) dried basil
- 3 cups (750 ml) **milk**
- ¼ cup (60 ml) grated **Parmesan cheese**
- 2 cups (500 ml) chopped broccoli, cooked
- 2 6½ oz cans (184 g) each low sodium solid tuna in water, drained and flaked
- Salt and pepper to taste
- ⅓ cup (75 ml) fine dry bread crumbs
- 2 tbsp (30 ml) melted **butter**

Instructions

1. In large saucepan, cook noodles according to package directions then drain.
2. Preheat oven to 350° F (180° C).
3. In medium saucepan, melt ¼ cup (60 ml) butter. Sauté onion until tender. Blend in flour and basil. Gradually stir in milk. Cook and stir over medium heat until mixture boils and thickens.
4. Remove from heat then add Parmesan cheese and stir until cheese is melted. Fold in noodles, broccoli and tuna. Add salt and pepper to taste.
5. Turn into a 6-cup (1.5 L) shallow rectangular casserole.
6. Combine breadcrumbs and 2 tbsp (30 ml) butter. Sprinkle around outside edge of casserole.
7. Bake 20 minutes or until heated through.



Watch a video that demonstrates a gratin recipe and look for similarities and differences on the Dairy Goodness website at

www.dairygoodness.ca/recipes/spinach-cavatappi-gratin.

Adapted from Dairy Goodness: Dairy Farmers of Canada *Tuna Casserole Deluxe*:

Recipe from *Cooking Made Easy* ©1996, Brimar Publishing Inc.

www.dairygoodness.ca/recipes/tuna-casserole-deluxe



Variations

- Substitute cheddar cheese for Parmesan cheese.

Tips

- Look for whole wheat broad egg noodles in the grocery store.

Nutrients per serving	Food groups per serving
Calories – 364 kcal	Vegetables and Fruit – 0.8
Protein – 27 g	Grain Products – 0.9
Fat – 16 g	Milk and Alternatives – 0.7
Carbohydrates – 28 g	Meat and Alternatives – 0.8
Fibre – 2.3 g	
Sodium – 297 mg	
Calcium – 271 mg	

1% milk and broccoli, frozen, chopped and unprepared used in analysis

www.eatracker.ca/recipe_analyzer.aspx