



# Yogurt Recipes

New!

## Tagine Chicken Marinade



### Ingredients:

- **2 cups Greek Plain Yogurt**
- 3 tbsp Fresh ginger - peeled and grated
- 3 tsp Cumin - ground
- 2 tsp Red chili flakes
- 1 tbsp Kosher salt
- 2 tbsp Harissa
- 8 Chicken quarters

### Directions:

- 1 In a large bowl, combine the yogurt, ginger, cumin, chili flakes, salt, and Harissa; whisk until smooth.
- 2 Layer in a baking dish the chicken quarters skin-side up, pour in the yogurt mixture. Cover with plastic wrap and refrigerate for a 4-6 hours to marinate.
- 3 Grill Chicken until cooked to proper temperature.

## Lemon Yogurt Hummus



### Ingredients:

- **2/3 cup plain Greek yogurt**
- 1 (15oz) can garbanzo beans - drained
- 1 tsp Salt
- Pinch of White pepper
- 1 tbsp tahini paste
- 1/2 cup Fresh lemon juice
- 1 tsp Cumin - ground

### Directions:

- 1 In a blender or food processor, blend garbanzo beans until smooth.
- 2 Mix in garlic, salt, pepper, tahini, lemon juice, yogurt and cumin. Blend to desired consistency.

## Savory Garlic Yogurt Sauce



### Ingredients:

- **2 cups Greek Plain yogurt**
- 2 tsp Cumin powder
- 3 tsp Black pepper
- 2 tsp Salt
- 8 cloves Garlic - crushed
- Salmon burger patties

### Directions:

- 1 In a large bowl, combine the yogurt, cumin, pepper, salt, and garlic; whisk until blended.
- 2 Grill salmon burger until cooked to proper temperature.
- 3 Spread garlic yogurt sauce on cooked salmon burger and garnish as desired.

## Blue Cheese Dressing



### Ingredients:

- **2 cup Greek Plain Yogurt**
- 1/2 cup Whole milk
- 1 tsp Cider vinegar
- 1/2 tsp Hot sauce
- 1 cup Blue Cheese, crumbled
- 1 tbsp Almonds - sliced (optional)
- 2 tbsp Dried cranberries (optional)
- Salt and pepper to taste

### Directions:

- 1 In a mixing bowl mix together yogurt, milk, cider vinegar and hot sauce until well combined.
- 2 Add the blue cheese and blend until just combined.
- 3 Season with salt and pepper and serve with a salad, fresh vegetables or as a dip for wings.

## Yogurt, Cream & Berries



### Ingredients:

- **2 cups Strawberry Low Fat Yogurt**
- 2 cups Heavy cream
- 1 tsp Vanilla extract
- 3 tbsp Sugar - optional
- 2 pints Strawberries

### Directions:

- 1 In a stand mixer, whip heavy cream on medium speed until soft peaks form.
- 2 Add yogurt and vanilla; continue to whip, gradually adding sugar.
- 3 Whip until the peaks hold.
- 4 Scoop the cream into bowls; garnish with berries.



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## Honey Cinnamon Yogurt Dip



### Ingredients:

- **2 cups Greek Vanilla Yogurt**
- 1/2 cup Honey
- 1 tsp Cinnamon - ground
- Seasonal fruits - sliced

### Directions:

- 1 In a mixing bowl mix together all ingredients; cover and refrigerate.
- 2 Serve with seasonal fruit for dipping.

## Chilled Wild Blueberry Soup



### Ingredients:

- **1 cup Vanilla Low Fat Yogurt**
- 3 cups Frozen Wild Blueberries
- 2 cups Lemon-lime soda, regular or diet
- 1/3 cup Sugar
- 1/2 pint Fresh Blueberries
- 3 pieces Lemon Biscotti, crushed

### Directions:

- 1 In a saucepan, combine blueberries, soda, and sugar. Bring to a boil, stirring occasionally. Remove from the heat, and let cool slightly.
- 2 In a blender or food processor, process blueberry mixture and yogurt in batches until smooth. Cover and refrigerate until ready to serve.
- 3 Garnish with berries and crushed lemon biscotti.

## Dill Yogurt Vegetable Dip



### Ingredients: (Makes 24 servings)

- **18 oz Non Fat Plain Greek Yogurt**
- 1 tsp Garlic - minced
- 1 large shallot - minced
- 1/4 bunch Italian parsley - chopped
- 2 tsp. Fresh dill - chopped
- 1 tsp. Celery salt
- Pepper

### Directions:

- 1 In a mixing bowl mix together all ingredients.
- 2 Cover and refrigerate for 2-4 hours.
- 3 Serve with fresh cut vegetables of your choice.

## Indian Yogurt Marinade



### Ingredients:

- **2 cups Non Fat Greek Plain Yogurt**
- 2 Garlic cloves - minced
- 2 tsp Ground coriander
- 2 tsp Garam Masala
- 1 tsp Kosher salt
- 1 tsp. Black pepper
- 1/2 tsp Cayenne
- 8 Chicken quarters

### Directions:

- 1 In a large bowl, combine the yogurt, garlic, coriander, Garam Masala, salt, pepper and cayenne; whisk until smooth.
- 2 Layer in a baking dish the chicken quarters skin-side up, pour in the yogurt mixture. Cover with plastic wrap and refrigerate for a 4-6 hours to marinate.
- 3 Grill Chicken until cooked to proper temperature.



SUPC#	Pack/Size	Description	Brand
4360901	6/2#	Tub Non Fat Plain Greek Yogurt	Wholesome Farms
4360917	6/2#	Tub Non Fat Blend Vanilla Greek Yogurt	Wholesome Farms
4360893	6/2#	Tub Vanilla Low Fat Yogurt	Wholesome Farms
4360887	6/2#	Tub Strawberry Low fat Yogurt	Wholesome Farms