

Cheesy Mexican Hummus Roll Ups

CHEESY MEXICAN HUMMUS ROLL UPS:

4 8- to 9-inch whole-grain flour tortillas

1 cup Cheesy Mexican Hummus (see recipe below)

3/4 cup shredded California Pepper Jack or Cheddar cheese

1/2 cup sliced black olives

1/2 cup fresh pico de gallo (see tip)

12 slices thinly sliced smoked turkey (about 6 ounces)

CHEESY MEXICAN HUMMUS:

1 15-ounce can garbanzo beans, drained

1 cup chopped California Pepper Jack cheese (about 4 ounces)

6 tablespoons California plain yogurt

1 1/2 tablespoons lime juice

1 1/2 teaspoons ground cumin

CHEESY MEXICAN HUMMUS ROLL UPS:

Add more cheese and thinly sliced turkey to add even more protein to this simple wrap sandwich

Prep time: 15 minutes, plus time to make the hummus

Place tortillas on a work surface and spread with hummus. Top cheese, olives, pico de gallo, and turkey and roll up tightly. Serve as is, halved, or cut into bite-sized lengths. Serves 4.

CHEESY MEXICAN HUMMUS:

Besides using it in a roll up, this hummus is a great dipping sauce for veggie sticks, whole grain pita bread, tortillas, or tortilla chips.

Prep time: 10 minutes

In the bowl of a food processor, combine beans, cheese, yogurt, lime juice, and cumin and process until smooth. Makes 2 cups. Tip: Look for pico de gallo in the produce section of your supermarket.

Sweet Ricotta Toast

2 (1/2-inch thick) slices rustic bread

1/4 cup California ricotta cheese

2 heaping tablespoons chopped ripe pear

2 tablespoons chopped glazed walnuts or pecans

2 teaspoons pure maple syrup

Pinch cinnamon

Prep time: 5 minutes / Cook time: about 1 minute

Toast bread slices and spread with cheese. Sprinkle evenly with pears and nuts and drizzle with maple syrup. Sprinkle lightly with cinnamon. Makes 2 servings.



Look for the Seal

California Milk Advisory Board



Healthy Snacking with

CALIFORNIA DAIRY



Find more recipes & ideas at RealCaliforniaMilk.com and ...



© California Milk Advisory Board
An instrumentality of the
Department of Food & Agriculture,
State of California

Citrus and Cottage Cheese Salad

2/3 cup nonfat or low-fat California cottage cheese
1 teaspoon honey

1 1/2 teaspoons sliced almonds, lightly toasted and chopped (plus extra for garnish)

1 orange, peeled and segmented

1 kiwi, peeled and sliced into rounds

Yield: 1 serving / Prep time: 10 minutes

Lightly mix together the cottage cheese, honey and almonds. On a plate or in a shallow bowl, arrange a layer of fruit and top with a spoonful of cottage cheese

mixture. Repeat one more layer. Garnish with extra almonds.

Variation: You can substitute an 8-ounce container of prepared citrus segments for the fresh fruit.

Honey Vanilla Overnight Oats

1 cup old fashioned (rolled) oats
1 cup Real California milk

1 cup Real California vanilla or plain yogurt
1 to 2 tablespoons honey

Stir together all ingredients in a medium bowl. Cover and refrigerate or spoon into small containers with tight fitting lids. Refrigerate overnight or up to 2 days. Top with additional yogurt, fruit and nuts before serving, if desired. Makes 4 servings.

FIGGY MAPLE PECAN:
Omit honey and stir in 1/3 cup fig spread, 1/3 cup coarsely chopped, toasted pecans, 3 tablespoons pure maple syrup and 1/2 teaspoon cinnamon.

BLUEBERRY BANANA:
Stir in 3/4 cup blueberries, 1/4 tsp. almond extract and 1/2 of a medium mashed banana. Top with a dollop of vanilla yogurt and a sprinkle of sliced honey roasted almonds just before serving.

RASPBERRY ORANGE FLAX:
Stir in 1/2 cup lightly mashed fresh raspberries, 1/4 cup raspberry preserves, 2 tablespoons ground flaxseed and 2 teaspoons finely grated orange zest.

Sweet Potato Latte

1 cup California milk
3 tablespoons cooked sweet potato

2 teaspoons sugar
2 drops pure vanilla extract

Heat the ingredients in a pot on the stove over medium heat, or in a mug in the microwave.

When heated through pour contents into

the blender and whiz until foamy then pour into a mug and serve.

Recipe developed by: Amy B. Sherman, cookingwithamy.com

Chipotle Carrot Nachos

1 tablespoon California butter
2 cups peeled, diced carrots

1 cup fresh pico de gallo (found in the produce section)

1 tablespoon lime juice
1/2 teaspoon garlic salt

1 minced chipotle pepper in adobo sauce plus additional adobo sauce to taste

6 cups baked tortilla chips (or a 7 to 8-oz. bag sweet potato, bean or butternut squash tortilla chips)

1 cup shredded reduced-fat California Mexican cheese blend

1/2 cup sliced green onions

CHIPOTLE AVOCADO CREAM:

1/2 cup California sour cream or crema Mexicana Agria

1 peeled, pitted and mashed ripe avocado

1 chipotle pepper in adobo sauce plus additional adobo sauce to taste

Preheat oven to 425°F and line a large baking sheet with foil or parchment paper.

Melt butter in a large skillet. Add carrots and cook over medium-low heat for 10 minutes, stirring frequently. Add pico de gallo, lime juice, salt and chipotle peppers and cook for 5 minutes more or until carrots are very soft.

Spread tortilla chips in an even layer on baking sheet and top with cheese and carrots. Bake for 10 minutes or until cheese is melted, then sprinkle with green onions.

Stir together all Chipotle Avocado Cream ingredients in a small bowl and serve with nachos.



L to R: Chipotle Carrot Nachos, Cheesy Mexican Hummus Roll Ups, Honey Vanilla Overnight Oats