



# ACE HEALTHY COOKING tips

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## COOKING WITH YOGURT

Yogurt isn't just for breakfast! This delicious food packs a nutritional punch as a great source of protein and calcium, and the fact that it's versatile allows it to be used to in everything from dips to dinners, creating healthy snack and meal options that the whole family will love.



### KIDS' YOGURT BAR (SERVES 12)

- **6-8 oz containers of nonfat yogurt**  
(choose several varieties such as honey, strawberry, blueberry)
- **¼ cup each of chopped mixed toppings such as strawberries, blueberries, raspberries, cantaloupe, kiwi, mango, banana, dried cranberries, dried papaya, granola, coconut flakes, and chopped walnuts**  
(be creative with topping choices aiming to include a variety of colors and different textures)

Place each of the toppings in small dishes or bowls (such as reusable cupcake liners) and place the dishes or bowls on a tray. Place the yogurt in bowls. Provide each child with a small bowl and allow the children to choose what type and how much yogurt they would like and do-it-yourself toppings.



### CREAMY AVOCADO YOGURT DIP (SERVES 6)

- **3 ripe avocados**
- **1/2 cup of nonfat plain yogurt**
- **1 garlic clove, chopped**
- **¼ cup of chopped onion**
- **¼ cup of chopped cilantro**
- **Juice from 1 lime**
- **1 teaspoon of salt**

Mash avocados well in a bowl with a fork. Add yogurt and stir. Add garlic, onion, cilantro, salt and stir. Pour in lime juice and stir. Serve with a variety of chopped fresh vegetables.



### BAKED CURRY YOGURT CHICKEN (SERVES 6)

- **1 cup nonfat plain yogurt**
- **2 tablespoons of curry powder**
- **2 cloves of garlic, chopped**
- **1 teaspoon salt**
- **Juice from ¼ lime**
- **1.5lbs of chicken tenders**

Preheat oven to 350 degrees. In a medium mixing bowl, mix the yogurt, curry powder, garlic, salt and lime juice together. Place the chicken breasts in the yogurt mixture until all sides of the chicken breasts are well coated. Cover the bowl with plastic wrap and place in refrigerator to marinate for 20-30 minutes.

Remove the chicken breasts from the refrigerator and place flat on a baking sheet. Bake the chicken at 350 degrees for 40 minutes.

