

**WTNS Radio OSU Extension Update for June 26, 2023**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about dairy recipes, and as always look at some upcoming programs from OSU Extension.

As I think about growing up in rural America, and Midwest rural America at that, it's hard to imagine there's been a day of my life when I did not consume milk or a food made from milk. I've been blessed to travel to a few places outside of our country.- some rich and modern, others poor and primitive. No place celebrates the versatility of milk quite like we do here.

We even take a month to recognize the importance of the dairy industry and run that right into a month to specifically focus on ice cream. Ohio dairy farm families are represented by the American Dairy Association Mideast, which is an affiliate of the National Dairy Council. This is a non-profit dairy nutrition research and education organization. They do a lot of things very well, and one of them is recipes. If you are looking for some summertime inspiration of ways to shake things up a bit, consider these ideas.

**All things tortilla:** Roll ups are a fun way to make a sandwich more interesting. Try a southwest chicken wrap or lunchbox pizza roll up (with pepperoni wrapped around string cheese). Or what about a dessert pizza pinwheel with all your favorite sliced fruits wrapped in a tortilla with a thin layer of sweetened cream cheese. The versatile quesadilla is great for one or a crowd. They are quick to make, and you can modify them in lots of ways. Try one of these combinations for lunch, dinner, or breakfast:

- Pulled pork, onions, and mozzarella cheese
- Chopped chicken, peppers, and pepper jack cheese
- Chopped baby spinach, thin mushrooms, chopped chicken, fontina
- Thinly sliced apple, fontina, and cheddar cheese
- Scrambled eggs, crumbled bacon or sausage, cheddar cheese

**Grilled cheese to the max:** Ever thought about adding asparagus to a grilled cheese sandwich? It is delicious when paired with Swiss cheese on sourdough. Or another great Swiss cheese

combination is with smokey mushrooms on your favorite grilled bread. When it comes to award winning Swiss cheese, we are blessed to have Pearl Valley Cheese right here in Coshocton County.

**Summer salads:** Looking for a side dish to take to your next picnic or family get together? The creamy southwest vegetarian pasta salad features bowtie pasta with bell pepper, zucchini, cherry tomatoes, black beans, and corn with crumbled queso fresco. Tomato avocado pasta salad and Italian tortellini pasta salad also offer different twists on traditional pasta salad.

**Smooth and refreshing:** Smoothies are an easy way to pack fruit and dairy into your day, and even vegetables when you get a little creative. This time of year, strawberry pineapple can be a great combination with Greek yogurt and a little beet juice for added color. If lactose is a challenge for you, consider making a peanut butter breakfast shake with a lactose-free milk, banana, peanut butter, and dates.

**Decadent dessert:** When it comes to indulgence, nothing satisfies quite like cheesecake. The quickest route is the no-bake version. There is a no-bake chocolate Oreo cheesecake made with heavy whipping cream and cream cheese. This would be a great dish to make when there are lots of people to share with. There are also four baked cheesecake recipes for chocolate raspberry, buckeye, eggnog, and chai pumpkin cheesecake.

You can find all these recipes and many more at [drink-milk.com/recipes](http://drink-milk.com/recipes). I hope you will search for one to enjoy! And now let's look at some upcoming programs from OSU Extension. OSU Extension and Coshocton Regional Medical Center will once again be offering Dining with Diabetes. This is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dining with Diabetes will be held on four Monday evenings in July from 5:30-7:30 pm. The cost of the program is \$20 per person. You are also encouraged to register a support person to attend with you for an additional \$10. Paid registration is required by July 5. There are only 9 registration openings remaining. To register visit [coshocton.osu.edu](http://coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!