



**USDA's COLLECTION  
OF  
NONFAT DRY MILK  
(NDM)  
RECIPES**

Food and Nutrition Service

Food Distribution Division

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## TABLE OF CONTENTS

<b><u>TOPIC</u></b>	<b><u>PAGE</u></b>
<a href="#"><u>Introduction</u></a> .....	3
<a href="#"><u>Reconstituting Instant Nonfat Dry Milk</u></a> .....	4
<b>RECIPES:</b>	
<a href="#"><u>Appetizers</u></a> .....	5
<a href="#"><u>Garlic Spinach Dip</u></a> .....	5
<a href="#"><u>Mini Ham and Cheese Sandwiches</u></a> .....	5
<a href="#"><u>Baking Mix</u></a> .....	6
<a href="#"><u>Hot Beverages</u></a> .....	7
<a href="#"><u>Hot Chocolate Mix</u></a> .....	7
<a href="#"><u>Café Mocha</u></a> .....	7
<a href="#"><u>Cold Beverages</u></a> .....	8
<a href="#"><u>Apricot Cooler</u></a> .....	8
<a href="#"><u>Yogurt-Fruit Smoothie</u></a> .....	8
<a href="#"><u>Peanut Butter Cup Milk</u></a> .....	9
<a href="#"><u>Entrées</u></a> .....	10
<a href="#"><u>Macaroni Casserole</u></a> .....	10
<a href="#"><u>Tomato Basil Soup</u></a> .....	10
<a href="#"><u>Condensed Soup Mix</u></a> .....	11
<a href="#"><u>Chicken and Black Pepper Dumplings</u></a> .....	12
<a href="#"><u>Salmon Loaf</u></a> .....	12
<a href="#"><u>Meat Balls (or Meat Loaf)</u></a> .....	13
<a href="#"><u>Baked French Toast</u></a> .....	14
<a href="#"><u>Banana-Walnut Oatmeal</u></a> .....	15
<a href="#"><u>Side Dishes</u></a> .....	16
<a href="#"><u>Cheesy Broccoli Rice Casserole</u></a> .....	16
<a href="#"><u>Vegetables in Cream Sauce</u></a> .....	16
<a href="#"><u>Chili-Corn Mashed Potatoes</u></a> .....	17
<a href="#"><u>Baked Macaroni and Cheese</u></a> .....	18
<a href="#"><u>Desserts</u></a> .....	19
<a href="#"><u>Fruit 'n Cream Pops</u></a> .....	19
<a href="#"><u>Banana Pudding</u></a> .....	19
<a href="#"><u>Rice Pudding</u></a> .....	20
<a href="#"><u>Peanut Butter Balls</u></a> .....	21
<a href="#"><u>Breads</u></a> .....	22
<a href="#"><u>Banana Bread</u></a> .....	22
<a href="#"><u>Corn Bread</u></a> .....	23
<a href="#"><u>Sauces</u></a> .....	24
<a href="#"><u>Caramel Sauce</u></a> .....	24
<a href="#"><u>Cream Sauce</u></a> .....	24

## INTRODUCTION

The Food Distribution Division of the Food and Nutrition Service at USDA hopes you find this collection of Nonfat Dry Milk (NDM) recipes helpful. Many households receive instant NDM as a USDA commodity, yet many people are not used to cooking and baking with this product. Reconstituted NDM, meaning NDM with added water so it becomes a liquid, can be substituted for any recipe that requires fluid milk. For your convenience, we are including a chart on page 4 titled "Reconstituting Instant Nonfat Dry Milk."

This collection of recipes includes appetizers, beverages, entrees, side dishes, desserts, and breads, all of which use NDM. We hope it provides you with new and different ways of using this USDA commodity.

These recipes have been collected for your convenience. Please note they have not been tested or standardized by USDA. If you reproduce any of them for your own use, please be sure to include the phrase "*This recipe has not been tested or standardized by USDA.*"

If you have an unusual or creative recipe not already listed here, a comment regarding a specific recipe, or a question about commodities, please contact us at: [fdd-pst@fns.usda.gov](mailto:fdd-pst@fns.usda.gov) .

Additional resources for commodities can be found on the homepage for the Food Distribution Division website at: <http://www.fns.usda.gov/fdd> . There you can also find links to other USDA nutrition assistance programs.

Food Distribution Division  
Food and Nutrition Service  
USDA

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

### Reconstituting Instant Nonfat Dry Milk

To make this much fluid milk:	Combine this amount of NDM:	with this amount of water:
¼ cup	1 tablespoon plus 1 teaspoon	¼ cup
⅓ cup	2 tablespoons	⅓ cup
½ cup	2 tablespoons plus 2 teaspoons	½ cup
1 cup	⅓ cup	1 cup
1 quart	1⅓ cups	1 quart (4 cups)
1 gallon	5⅓ cups	1 gallon (16 cups)

# Instant Nonfat Dry Milk (NDM) Recipes

## Appetizers

### Garlic Spinach Dip

Makes 1¾ cups

- 1 (15.5-ounce) can spinach, drained and chopped
  - 1 (8-ounce) package reduced-fat cream cheese
  - 2 tablespoons NDM + ⅓ cup water \*
  - ¼ teaspoon garlic powder
  - ⅛ teaspoon seasoned salt
  - dash bottled hot pepper sauce
  - crackers
  - pepper (optional)
1. In a blender or bowl, combine spinach, cream cheese, reconstituted NDM, garlic powder, seasoned salt, and hot pepper sauce. Blend until smooth.
  2. Transfer to a serving bowl. Serve with crackers.

\* **Or** substitute 1/3 cup skim milk for the reconstituted NDM.

#### Nutrients Per Serving

Calories	90	Saturated Fat	3.5 g	Iron	1 mg
Protein	5 g	Cholesterol	15 mg	Calcium	140 mg
Carbohydrates	5 g	Vitamin A	680 RE	Sodium	200 mg
Total Fat	5 g	Vitamin C	9 mg	Dietary Fiber	2 g

Recipe provided by [www.whymilk.com](http://www.whymilk.com)

### Mini Ham and Cheese Sandwiches

Makes 18 appetizers

- 2 cups baking mix (page 6)
  - ⅓ cup NDM + 1 cup water \*
  - 2 tablespoons yellow mustard
  - ¼ cup egg mix + ¼ cup water \*\*
  - 6 ounces thinly sliced fully cooked ham, chopped
1. Preheat oven to 350°F. Grease 8x8 inch square baking dish with cooking spray.
  2. Stir baking mix, reconstituted NDM, mustard, and egg mixture until blended. Pour half of the batter

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

1 cup shredded Cheddar cheese

\* **Or** substitute 1 cup skim milk for the reconstituted NDM.

\*\* **Or** substitute 1 egg for the egg mix + water.

into baking dish. Top with half of the ham and ½ cup of the cheese. Add remaining ham. Pour remaining batter over ham.

3. Bake 45 to 50 minutes or until golden brown and set.
4. Sprinkle with remaining ½ cup cheese. Let stand 5 minutes before cutting. Cut into 9 squares; cut each square diagonally in half.

### Nutrients Per Serving

Calories	110	Saturated Fat	2 g	Iron	1 mg
Protein	5 g	Cholesterol	24 mg	Calcium	80 mg
Carbohydrates	10 g	Vitamin A	30 RE	Sodium	360 mg
Total Fat	5.5 g	Vitamin C	0 mg	Dietary Fiber	2 g

*Recipe provided by Betty Crocker*

## Baking Mix

Makes 9 cups

4 cups all purpose flour  
 4 cups whole wheat flour  
 1⅓ cups NDM  
 ¼ cup baking powder  
 1 teaspoon salt

1. Mix all ingredients together.
2. Keep in airtight container at room temperature.
3. Stir mix before using.

### Nutrients Per Serving

Calories	420	Saturated Fat	.5 g	Iron	5 mg
Protein	17 g	Cholesterol	0 mg	Calcium	150 mg
Carbohydrates	87 g	Vitamin A	70 RE	Sodium	630 mg
Total Fat	1.5 g	Vitamin C	0 mg	Dietary Fiber	8 g

*Recipe provided by Denelle Martin and Nancy Patterson, Gila River Indian Community FDP, Sacaton, AZ*

## Hot Beverages

### Hot Chocolate Mix

Makes 6 servings

2 cups NDM  
1/3 cup cocoa  
2/3 cup sugar  
dash salt

1. Combine all ingredients and store in an airtight container.
2. To use, put 1/4 cup mix in coffee mug. Gradually stir 3/4 cup hot (not boiling) water into mix.

Nutrients Per Serving

Calories	90	Saturated Fat	0 g	Iron	0 mg
Protein	4 g	Cholesterol	2 mg	Calcium	140 mg
Carbohydrates	18 g	Vitamin A	80 RE	Sodium	90 mg
Total Fat	0 g	Vitamin C	1 mg	Dietary Fiber	0 g

Recipe provided by Washington State Dairy Council

### Café Mocha

Makes 2 servings

1/3 cup NDM + 1 cup water \*  
1 cup brewed coffee  
4 tablespoons hot chocolate mix  
non-fat whipped topping (optional)  
cinnamon (optional)

\* **Or** substitute 1 cup skim milk for the reconstituted NDM.

1. Heat reconstituted NDM in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Nutrients Per Serving

Calories	50	Saturated Fat	0 g	Iron	0 mg
Protein	4 g	Cholesterol	2 mg	Calcium	140 mg
Carbohydrates	7 g	Vitamin A	80 RE	Sodium	70 mg
Total Fat	0 g	Vitamin C	1 mg	Dietary Fiber	0 g

Recipe provided by [www.whymilk.com](http://www.whymilk.com)

## Cold Beverages

### Apricot Cooler

Makes 2 servings

$\frac{1}{3}$  cup NDM  
 $\frac{1}{2}$  cup canned apricots, chilled and drained  
1 cup cold water

Put ingredients in blender or food processor and blend until smooth.

Nutrients Per Serving

Calories	80	Saturated Fat	0 g	Iron	0 mg
Protein	4 g	Cholesterol	2 mg	Calcium	150 mg
Carbohydrates	16 g	Vitamin A	160 RE	Sodium	70 mg
Total Fat	0 g	Vitamin C	2 mg	Dietary Fiber	1 g

*Recipe provided by Washington State Dairy Council*

### Yogurt-Fruit Smoothie

Makes 2 servings

$\frac{1}{4}$  cup strawberry or strawberry-banana yogurt  
 $\frac{1}{3}$  cup NDM  
 $\frac{1}{2}$  banana  
 $\frac{3}{4}$  cup orange juice  
 $\frac{1}{2}$  cup strawberries (optional)

Put ingredients in blender or food processor and blend until smooth.

Nutrients Per Serving

Calories	150	Saturated Fat	0 g	Iron	0 g
Protein	8 g	Cholesterol	2 mg	Calcium	300 mg
Carbohydrates	28 g	Vitamin A	105 RE	Sodium	100 mg
Total Fat	0 g	Vitamin C	55 mg	Dietary Fiber	2 g

*Recipe provided by Washington State Dairy Council*



## Peanut Butter Cup Milk

Makes 1 glass

1 tablespoon creamy peanut butter  
2 tablespoons chocolate syrup  
1/3 cup NDM + 1 cup water \*

\* **Or** substitute 1 cup skim milk for the reconstituted NDM.

1. In a small bowl, whisk together peanut butter and chocolate syrup until smooth.
2. Whisk in reconstituted NDM. Pour into a glass and serve.

### Nutrients Per Serving

Calories	280	Saturated Fat	2 g	Iron	1 mg
Protein	13 g	Cholesterol	4 mg	Calcium	290 mg
Carbohydrates	39 g	Vitamin A	160 RE	Sodium	225 mg
Total Fat	9 g	Vitamin C	1 mg	Dietary Fiber	2 g

Recipe provided by [www.whymilk.com](http://www.whymilk.com)

## Entrées

### Macaroni Casserole

Makes 6 (½-cup) servings

1 cup NDM  
 1½ cups water  
 1 cup grated cheese  
 ¼ cup egg mix + ¼ cup water \*  
 2¾ cups cooked macaroni **or** rice  
 ½ can pork **or** beef, chopped (remove visible fat)  
 1 can tomatoes, chopped  
 pepper, to taste

\* **Or** substitute 1 egg for the egg mix + water.

1. Preheat oven to 350°F. Grease an 8x8 inch square baking dish with non-stick cooking spray.
2. Combine reconstituted NDM in a medium saucepan and heat slowly over medium heat.
3. As the milk is heating, stir in grated cheese. Stir often to avoid burning.
4. In a medium mixing bowl, beat egg mix and water. Add cooked macaroni **or** rice, canned pork **or** beef, tomatoes, salt, and pepper.
5. Add cheese sauce to mixture and stir to combine.
6. Place mixture in baking dish and bake for about 40 minutes or until lightly browned.

#### Nutrients Per Serving

Calories	380	Saturated Fat	7 g	Iron	2 mg
Protein	26 g	Cholesterol	90 mg	Calcium	310 mg
Carbohydrates	30 g	Vitamin A	200 RE	Sodium	890 mg
Total Fat	16 g	Vitamin C	6 mg	Dietary Fiber	2 g

### Tomato Basil Soup

Makes 4 (one-cup) servings

1 medium onion, chopped  
 1 tablespoon olive **or** vegetable oil  
 2 cloves garlic, crushed (**or** ¼ teaspoon garlic powder)  
 1 (15.5-ounce) can tomatoes, drained and chopped

1. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
2. Add garlic and cook 1 minute longer. Add chopped tomatoes.

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

1 pinch ground red pepper  
1 teaspoon dried basil  
 $\frac{2}{3}$  cup NDM + 2 cups water \*  
salt and pepper, to taste

\* **Or** substitute 2 cups skim milk for the reconstituted NDM.

3. Cook uncovered over medium heat for 10 minutes.
4. Spoon  $\frac{3}{4}$  of mixture into food processor or blender container; puree until smooth. Return to saucepan.
5. Add red pepper, basil, and reconstituted NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper. Serve immediately.

### Nutrients Per Serving

Calories	125	Saturated Fat	0.5 g	Iron	1 mg
Protein	6 g	Cholesterol	2 mg	Calcium	200 mg
Carbohydrates	19 g	Vitamin A	160 RE	Sodium	370 mg
Total Fat	3.5 g	Vitamin C	10 mg	Dietary Fiber	2 g

Recipe provided by [www.whymilk.com](http://www.whymilk.com)

## Condensed Soup Mix

Makes 8 servings

2 cups NDM  
 $\frac{3}{4}$  cup cornstarch  
2 tablespoons dried minced onion flakes  
 $\frac{1}{2}$  teaspoon ground black pepper  
 $\frac{1}{4}$  cup chicken bouillon powder  
1 teaspoon dried basil (optional)  
 $\frac{1}{4}$  teaspoon dried thyme (optional)

1. Combine NDM, cornstarch, onion flakes, pepper, and chicken bouillon. If desired, add basil and thyme. Mix well and place in an airtight container. Store in the refrigerator or freezer.
2. When using the mix, combine  $\frac{1}{3}$  cup of the mix with  $1\frac{1}{4}$  cups of water in saucepan. Cook and stir until thickened.

Use instead of canned condensed cream soup. For variations, add vegetables, pasta, rice, or chopped cooked meat.

### Nutrients Per Serving

Calories	125	Saturated Fat	0 g	Iron	0 mg
Protein	6 g	Cholesterol	3 mg	Calcium	220 mg
Carbohydrates	22 g	Vitamin A	130 RE	Sodium	1660 mg
Total Fat	0 g	Vitamin C	1 mg	Dietary Fiber	0 g

Recipe provided by [www.allrecipes.com](http://www.allrecipes.com)

## Chicken and Black Pepper Dumplings

Makes 4 servings

$\frac{2}{3}$  cup NDM +  $1\frac{1}{2}$  cups water \*  
 $\frac{3}{4}$  cup canned green peas  
 $\frac{3}{4}$  cup canned carrots  
 1 cup cut-up cooked chicken (5 ounces)  
 1 can (10.75 ounces) condensed chicken mushroom soup (or use condensed soup mix, page 11)  
 1 cup baking mix (page 6)  
 2 tablespoons NDM +  $\frac{1}{3}$  cup water, additional \*\*  
 $\frac{1}{2}$  teaspoon pepper  
 parsley, optional

1. Heat reconstituted NDM, peas, carrots, chicken, and soup to boiling in 3-quart saucepan.
2. In a small bowl, combine baking mix, the additional reconstituted NDM, and pepper until soft dough forms. Drop dough by 8 spoonfuls onto chicken mixture.
3. Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer or until dumplings are done. Sprinkle with parsley if desired.

\* Or substitute  $1\frac{1}{2}$  cups skim milk for the reconstituted NDM.

\*\* Or substitute  $\frac{1}{3}$  cup skim milk for the reconstituted NDM.

### Nutrients Per Serving

Calories	320	Saturated Fat	4 g	Iron	2 mg
Protein	16 g	Cholesterol	30 mg	Calcium	210 mg
Carbohydrates	33 g	Vitamin A	570 RE	Sodium	1300 mg
Total Fat	13 g	Vitamin C	3 mg	Dietary Fiber	2 g

*Recipe provided by Betty Crocker*

## Salmon Loaf

Makes 4 servings

1 egg, slightly beaten  
 $\frac{2}{3}$  cup NDM  
 1 tablespoon dried minced onion  
 dash pepper  
 4 slices bread, torn into small pieces  
 1 (16 ounce) can salmon

1. Preheat oven to 350°F. Grease a loaf pan with non-stick cooking spray.
2. In large bowl, combine egg, NDM, onion, pepper, and bread.
3. Drain salmon, saving  $\frac{1}{4}$  cup liquid. Mash salmon and soft bones and add to bread mixture along with reserved liquid. Stir until combined and bread has absorbed liquid.

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

- Pat evenly into prepared pan. Bake for 25-30 minutes.

Serve with cream sauce, if desired (page 24).

### Nutrients Per Serving

Calories	280	Saturated Fat	2.5 g	Iron	2 mg
Protein	30 g	Cholesterol	115 mg	Calcium	425 mg
Carbohydrates	18 g	Vitamin A	130 RE	Sodium	840 mg
Total Fat	9 g	Vitamin C	1 mg	Dietary Fiber	1 g

*Recipe provided by Washington State Dairy Council*

## Meat Balls (or Meat Loaf)

Makes about 20 meatballs

- 1/3 cup water
- 2/3 cup NDM
- 2 slices bread, torn into small pieces
- 2 tablespoons dried minced onion
- 1/4 cup egg mix + 1/4 cup water \*
- 1/2 teaspoon salt (optional)
- 1 pound lean ground beef

\* **Or** substitute 1 egg for the egg mix + water.

- Preheat oven to 350°F. Grease a rimmed baking sheet or shallow pan with non-stick cooking spray.
- In a large bowl, combine water and NDM. Add bread, onion, egg mixture, and salt. Stir to combine.
- Add ground beef and blend.
- Shape meat mixture into 1-inch balls, place on baking sheet.
- Bake for 30 minutes or until meat thermometer registers internal temperature of 160°F.

**Note:** Cooked meatballs can be frozen in a self-sealing bag for up to 3 months. Reheat in spaghetti sauce and serve over noodles or in hot dog buns or hoagie rolls.

**For meatloaf:** Pat meat mixture in a loaf pan and bake at 350°F for about 50 minutes or until meat thermometer reads 160°F in center of loaf. Cool 10 minutes before slicing.

### Nutrients Per Serving

Calories	260	Saturated Fat	7 g	Iron	2 mg
Protein	18 g	Cholesterol	90 mg	Calcium	120 mg
Carbohydrates	9 g	Vitamin A	80 RE	Sodium	250 mg
Total Fat	17 g	Vitamin C	1 mg	Dietary Fiber	1 g

*Recipe provided by Washington State Dairy Council*

## Baked French Toast

Makes 6 servings

10 slices whole wheat bread  
 $\frac{1}{3} + \frac{1}{4}$  cup NDM +  $1\frac{1}{2}$  cups water \*  
 1 six-ounce package prepared egg mix\*\*  
 $\frac{1}{3}$  cup firmly packed brown sugar  
 1 teaspoon vanilla extract  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 caramel sauce (optional – p. 24)

\* **Or** substitute  $1\frac{1}{2}$  cups skim milk for the reconstituted NDM.

\*\* **Or** substitute 2 eggs plus 4 egg whites for the prepared egg mix.

1. Lightly coat a shallow 2-quart baking dish or casserole with non-stick cooking spray. Arrange half the bread slices in the bottom of the dish (it may be a tight fit). Reserve the remaining bread slices to layer on top.
2. Combine all remaining ingredients (except caramel sauce) and mix well with a wire whisk. Pour half the mixture evenly over the bread in the baking dish.
3. Layer the remaining bread on top and cover with the remaining egg mixture. Cover tightly and refrigerate several hours or overnight.
4. To bake, preheat oven to 350°F. Remove the dish from the refrigerator and spray the top bread layer lightly with non-stick cooking spray.
5. Bake until lightly browned, 30 to 35 minutes. Cut into six pie-shaped wedges and serve with caramel topping or syrup.

### Nutrients Per Serving

Calories	210	Saturated Fat	1 g	Iron	2 mg
Protein	11 g	Cholesterol	70 mg	Calcium	135 mg
Carbohydrates	35 g	Vitamin A	80 RE	Sodium	320 mg
Total Fat	3.5 g	Vitamin C	0 mg	Dietary Fiber	3 g

Recipe provided by [www.whymilk.com](http://www.whymilk.com)

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

### Banana-Walnut Oatmeal

*Great way to use over-ripe bananas!*

Makes 4 servings

$\frac{2}{3}$  cup NDM + 2 cups water \*  
pinch of salt  
 $\frac{3}{4}$  cup water  
2 cups quick oats  
2 very ripe bananas, mashed  
2 tablespoons maple syrup  
2 tablespoons chopped walnuts

\* **Or** substitute 2 cups skim milk for the reconstituted NDM.

1. In a small saucepan, combine reconstituted NDM, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

#### Nutrients Per Serving

Calories	300	Saturated Fat	1 g	Iron	2 mg
Protein	12 g	Cholesterol	2 mg	Calcium	180 mg
Carbohydrates	53 g	Vitamin A	90 RE	Sodium	140 mg
Total Fat	5 g	Vitamin C	6 mg	Dietary Fiber	6 g

Recipe provided by [www.whymilk.com/](http://www.whymilk.com/)

## Side Dishes

### Cheesy Broccoli Rice Casserole

Makes 6 servings

- ½ cup egg mix + ½ cup water \*
- 3 tablespoons butter **or** margarine, melted
- 2 cups water
- 2 cups cooked rice
- 1 cup soft bread crumbs (about 1½ slices bread)
- 1 cup NDM
- 1 cup shredded cheese
- 1 tablespoon dried minced onion
- ½ teaspoon salt (optional)
- 1 (10 ounce) package frozen broccoli florets

1. Preheat oven to 325°F. Grease a 2-quart casserole dish or 8x8 inch pan with non-stick cooking spray.
2. In a large bowl, stir together all ingredients; transfer to prepared pan.
3. Bake for 40-50 minutes until center is set and top turns golden brown.

\* **Or** substitute 2 eggs, slightly beaten, for the egg mix + water.

Nutrients Per Serving

Calories	300	Saturated Fat	8 g	Iron	2 mg
Protein	14 g	Cholesterol	110 mg	Calcium	335 mg
Carbohydrates	27 g	Vitamin A	320 RE	Sodium	510 mg
Total Fat	15 g	Vitamin C	20 mg	Dietary Fiber	2 g

*Recipe provided by Washington State Dairy Council*

### Vegetables in Cream Sauce

Makes 6 (½-cup) servings

- 2 tablespoons butter **or** margarine
- 2 tablespoons flour
- 1 cup water
- ⅓ cup NDM
- salt and pepper, to taste
- 3 cups cooked vegetable, drained, fresh **or** canned\*

1. Melt butter in a skillet. Stir in flour.
2. Add water slowly, stirring constantly. Add dry milk and stir until smooth. Season to taste with salt and pepper.
3. Add vegetable and heat thoroughly.

\*try carrots, peas, green beans, spinach, or squash



## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

### Nutrients Per Serving\*

Calories	75	Saturated Fat	2.5 g	Iron	1 mg
Protein	2 g	Cholesterol	10 mg	Calcium	65 mg
Carbohydrates	8 g	Vitamin A	1070 RE	Sodium	290 mg
Total Fat	4 g	Vitamin C	2 mg	Dietary Fiber	1 g

\*For nutritional analysis purposes, carrot was used.

## Chili-Corn Mashed Potatoes

Makes 6 servings

- ½ stick butter
- ⅓ cup NDM + 1 cup water \*
- 1 (3-ounce) package reduced-fat cream cheese, softened
- ½ teaspoon salt
- 1½ teaspoons chili powder
- 2⅔ cups instant mashed potato flakes, prepared
- 1 (15 ounce) can corn, drained
- 1 tablespoon cilantro (optional)

\* **Or** substitute 1 cup skim milk for the reconstituted NDM.

1. Preheat oven to 350°F. Lightly grease a 2½-quart baking dish with cooking spray.
2. Melt butter in a saucepan over medium heat; stir in reconstituted NDM and next three ingredients.
3. Beat potatoes at low speed with an electric mixer, gradually adding milk mixture; stir in corn.
4. Spoon into baking dish. Bake for 10 to 15 minutes. Sprinkle with cilantro if desired.

### Nutrients Per Serving

Calories	530	Saturated Fat	7 g	Iron	2 mg
Protein	14 g	Cholesterol	30 mg	Calcium	160 mg
Carbohydrates	94 g	Vitamin A	210 RE	Sodium	650 mg
Total Fat	12 g	Vitamin C	120 mg	Dietary Fiber	9 g

*Recipe provided by Southern Living*

## Baked Macaroni and Cheese

Makes 10 servings

½ (16-ounce) package macaroni  
16 saltine crackers, finely crushed  
1 teaspoon salt  
1 teaspoon pepper  
2 cups cheddar cheese, grated  
1 package prepared egg mix \*  
1⅓ cups NDM + 4 cups water \*\*

\* **Or** substitute 6 eggs, lightly beaten, for the egg mix + water.

\*\* **Or** substitute 4 cups skim milk for the reconstituted NDM.

1. Preheat oven to 350°F. Lightly grease 9x13 inch baking dish with cooking spray.
2. Layer one-third each of macaroni, crackers, salt, pepper, and cheese into baking dish. Repeat layers twice.
3. Whisk together eggs and reconstituted NDM; pour over pasta mixture.
4. Bake for 55 to 60 minutes or until golden brown and set. Let stand 10 minutes before serving.

### Nutrients Per Serving

Calories	360	Saturated Fat	6 g	Iron	3 mg
Protein	19 g	Cholesterol	150 mg	Calcium	310 mg
Carbohydrates	43 g	Vitamin A	190 RE	Sodium	500 mg
Total Fat	12 g	Vitamin C	1 mg	Dietary Fiber	1 g

*Recipe provided by Southern Living*

## Desserts

### Fruit 'n Cream Pops

Makes 10 Popsicles

1 cup fruit and its juice \*  
 1/3 cup NDM + 1 cup water \*\*  
 1/2 cup NDM (additional)  
 1 teaspoon honey  
 1/2 teaspoon vanilla extract  
 10 Popsicle sticks

\* try canned peaches, pineapple, apricots, or pears.

\*\* **Or** substitute 1 cup skim milk for the reconstituted NDM.

1. Mix together fruit, reconstituted NDM, and additional NDM. Whip in honey and vanilla until fruit mixture is well blended.
2. Freeze in a freezer container for 40 minutes.
3. Spoon the mixture into the blender and blend for 30 seconds. Pour mixture into Popsicle molds or paper cups, insert Popsicle sticks and freeze until firm.

#### Nutrients Per Serving\*

Calories	35	Saturated Fat	0 g	Iron	0 mg
Protein	1 g	Cholesterol	1 mg	Calcium	45 mg
Carbohydrates	7 g	Vitamin A	35 RE	Sodium	20 mg
Total Fat	0 g	Vitamin C	1 mg	Dietary Fiber	0 g

\*For nutritional analysis purposes, peaches were used.

Recipe provided by [www.angiesrealm.com](http://www.angiesrealm.com)

### Banana Pudding

Makes about 12 servings

1/3 cup all-purpose flour  
 dash of salt  
 2/3 cup NDM + 2 cups water \*  
 1 (14 ounce) can sweetened condensed milk  
 2 egg yolks  
 2 teaspoons vanilla extract  
 3 cups sliced ripe banana, divided  
 45 vanilla wafers, divided  
 4 egg whites (at room temperature)  
 1/4 cup sugar

1. Preheat oven to 325°F.
2. Combine flour and salt in a medium saucepan. Gradually add reconstituted NDM, condensed milk, and egg yolks; stir well. Cook over medium heat 8 minutes or until thick, stirring constantly. Remove from heat; stir in vanilla.
3. Arrange 1 cup banana slices in bottom of a 2-quart baking dish.
4. Spoon one-third of pudding mixture over banana.

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

- \* **Or** substitute 2 cups skim milk for the reconstituted NDM.
5. Arrange 15 wafers on top of pudding. Repeat layers twice, arranging the last 15 wafers around edge of dish. Push cookies into pudding.
  6. Beat egg whites at high speed with a mixer until foamy. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form. Spread egg white mixture evenly over pudding, spreading to edge of dish. Bake at for 25 minutes or until golden brown.

### Nutrients Per Serving

Calories	260	Saturated Fat	3 g	Iron	1 mg
Protein	7 g	Cholesterol	50 mg	Calcium	150 mg
Carbohydrates	43 g	Vitamin A	85 RE	Sodium	140 mg
Total Fat	7 g	Vitamin C	4 mg	Dietary Fiber	1 g

*Recipe provided by Cooking Light*

## Rice Pudding

Makes 6 servings

- 2 cups cooked rice
- 1 cup NDM
- ½ cup sugar
- ¼ teaspoon salt
- 3 cups water
- 1 egg, slightly beaten
- 1 tablespoon butter **or** margarine
- 1 tablespoon vanilla extract

1. In a medium saucepan, combine rice, NDM, sugar, salt, and water. Bring to a boil, then cook over medium heat until thick and creamy, about 20-25 minutes, stirring often.
2. Add egg and cook for 3 more minutes, stirring constantly.
3. Remove from heat, stir in butter and vanilla.
4. Pour into serving dish. Serve warm or cold.

**Variations:** add ¼ cup raisins, ¼ cup drained pineapple chunks, or ½ teaspoon cinnamon after you stir in the butter and vanilla.

### Nutrients Per Serving

Calories	210	Saturated Fat	1.5 g	Iron	1 mg
Protein	6 g	Cholesterol	40 mg	Calcium	160 mg
Carbohydrates	38 g	Vitamin A	115 RE	Sodium	200 mg
Total Fat	3 g	Vitamin C	1 mg	Dietary Fiber	0 g

*Recipe provided by Washington State Dairy Council*

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

### Peanut Butter Balls

Makes one dozen

¼ cup peanut butter  
¼ cup honey  
½ cup NDM  
½ cup crushed cereal flakes

1. Mix peanut butter, honey, and NDM in a bowl.
2. Shape into 1-inch balls. Roll in cereal.
3. Chill for 30 minutes or until firm.

#### Nutrients Per Serving

Calories	70	Saturated Fat	0.5 g	Iron	0 mg
Protein	2 g	Cholesterol	0 mg	Calcium	40 mg
Carbohydrates	9 g	Vitamin A	25 RE	Sodium	55 mg
Total Fat	2.5 g	Vitamin C	1 mg	Dietary Fiber	0 g

*Recipe provided by Washington State Dairy Council*

## Breads

### Banana Bread

Makes 2 loaves

2 cups all-purpose flour  
 $\frac{2}{3}$  cup NDM  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{2}$  cup egg mix +  $\frac{1}{2}$  cup water \*  
2 cups mashed ripe bananas (about  
4 medium)  
1 cup sugar  
 $\frac{1}{2}$  cup vegetable oil  
1 cup chopped walnuts (optional)

\* **Or** substitute 2 eggs for the egg  
mix + water.

1. Preheat oven to 350°F. Grease two loaf pans with non-stick cooking spray.
2. In medium bowl, stir together flour, NDM, baking powder, and cinnamon.
3. In large bowl, beat egg mixture, bananas, sugar, and vegetable oil. Gradually add flour mixture; stir in nuts.
4. Spoon mixture into prepared pans, dividing batter evenly.
5. Bake for 60-70 minutes or until wooden pick inserted near center of loaf comes out clean. Cool in pans for 10 minutes; transfer to wire rack to cool completely.

**Note:** Can be frozen.

#### Nutrients Per Serving

Calories	210	Saturated Fat	1 g	Iron	1 mg
Protein	4 g	Cholesterol	20 mg	Calcium	55 mg
Carbohydrates	27 g	Vitamin A	30 RE	Sodium	60 mg
Total Fat	10 g	Vitamin C	2 mg	Dietary Fiber	1 g

*Recipe provided by Washington State Dairy Council*

## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

### Corn Bread

Makes 9 servings

1½ cups all-purpose flour  
1 cup yellow or white cornmeal  
½ cup sugar  
½ cup NDM  
1 tablespoon baking powder  
1 teaspoon salt  
1½ cups water  
⅓ cup vegetable oil  
¼ cup egg mix + ¼ cup water \*

\* **Or** substitute 1 egg, slightly beaten, for the egg mix + water.

1. Preheat oven to 400°F. Grease a 9x9 inch square pan with non-stick cooking spray.
2. Combine flour, cornmeal, sugar, NDM, baking powder, and salt in large bowl; stir well.
3. Stir in water, vegetable oil, and egg mixture, until just blended.
4. Pour into prepared pan. Bake for 20 to 25 minutes or until wooden pick inserted in center comes out clean. Serve warm.

#### Nutrients Per Serving

Calories	260	Saturated Fat	1 g	Iron	1 mg
Protein	5 g	Cholesterol	25 mg	Calcium	110 mg
Carbohydrates	40 g	Vitamin A	40 RE	Sodium	425 mg
Total Fat	9 g	Vitamin C	0 mg	Dietary Fiber	2 g

*Recipe provided by Washington State Dairy Council*

## Sauces

### Caramel Sauce

Makes 1½ cups sauce; twelve 2-tablespoon servings

⅓ cup + 3 tablespoons NDM + 1¼ cups water \*  
 1 tablespoon cornstarch  
 2 tablespoons butter  
 ½ cup packed brown sugar  
 1 teaspoon vanilla extract

\* **Or** substitute 1¼ cups skim milk for the reconstituted NDM.

1. Combine the reconstituted NDM and cornstarch in a small saucepan and mix until cornstarch is thoroughly dissolved.
2. Add the butter and brown sugar and cook over medium heat, stirring constantly with a wire whisk until mixture thickens and comes to a boil. Continue to boil 1 minute.
3. Remove pan from heat and stir in vanilla. Serve warm over baked French toast (see page 14), ice cream, or fruit.

#### Nutrients Per Serving

Calories	65	Saturated Fat	1.5 g	Iron	0 mg
Protein	1 g	Cholesterol	5 mg	Calcium	45 mg
Carbohydrates	11 g	Vitamin A	40 RE	Sodium	40 mg
Total Fat	2 g	Vitamin C	0 mg	Dietary Fiber	0 g

Recipe provided by [www.whymilk.com](http://www.whymilk.com)

### Cream Sauce

Makes about 1 cup

⅓ cup plus 3 tablespoons NDM + 1¼ cups water \*  
 2 tablespoons butter  
 2 tablespoons flour  
 salt and pepper, to taste

\* **Or** substitute 1¼ cups skim milk for the reconstituted NDM.

1. Mix reconstituted NDM in saucepan. Cook on low heat until small bubbles begin to form at the edges; remove from heat.
2. Meanwhile, melt butter in a second saucepan. Stir in the flour and cook, stirring constantly, until the paste bubbles, about 2 minutes. Do not let the mixture brown.
3. Add the hot milk, continuing to stir as the sauce thickens. Bring sauce



## USDA's Collection of Nonfat Dry Milk (NDM) Recipes

to a boil. Add salt and pepper to taste; lower heat and cook, stirring, for 2 to 3 minutes more. Remove from heat.

4. To cool this sauce for later use, cover with wax paper or pour a film of milk over the surface to prevent a skin from forming.

**For cheese sauce:** Stir in  $\frac{1}{2}$  cup grated cheddar cheese during the last 2 minutes of cooking, along with a pinch of cayenne pepper.

### Nutrients Per Serving

Calories	90	Saturated Fat	4 g	Iron	0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	100 mg
Carbohydrates	7 g	Vitamin A	100 RE	Sodium	175 mg
Total Fat	6 g	Vitamin C	1 mg	Dietary Fiber	0 g

Recipe provided by [www.cooksrecipes.com](http://www.cooksrecipes.com)