

Chilled Yogurt and Cucumber Soup (Tarator)

- 2-3 cucumbers, finely diced
- 2 cups plain yogurt
- 1/2 cup walnuts, ground
- 3-4 cloves garlic, crushed
- dill, finely chopped
- 1/4 cup sunflower oil
- salt

Beat the yogurt, add the crushed garlic, ground walnuts, finely diced cucumbers, oil and salt. Stir and dilute with cold water. Serve sprinkled with finely chopped dill. Makes 3-4 servings.

Strawberry Milkshake

Ingredients:

- 1 cup no-fat yogurt or soy yogurt
- 1 cup soy or almond milk
- 1 tablespoon hemp oil or flax seed oil
- 1 tablespoon lecithin granules
- Fresh or frozen strawberries to taste
- Honey

Put all ingredients in the blender and blend until mixed.

Lassi (Yogurt Drink)

Ingredients:

- 5 cups Yogurt
- 5 Cardamom pods
- 6 tablespoons Sugar
- 1 tablespoon Rose water
- 1/8 teaspoon Nutmeg

Remove seeds from cardamom pods and crush seeds.

Blend 3 cups yogurt, cardamom and sugar in a electric blender.

Beat remaining yogurt well in a bowl. Add to contents of blender and mix well.

Add rose water to yogurt and mix well. Serve in individual glasses and sprinkle with nutmeg. serves/makes 4.

Berry-Special Yogurt Recipe

Ingredients:

- 4 cups fresh fruit (strawberries or combination of berries, kiwifruit, peaches, bananas)
- 1 cup plain yogurt
- 2 tablespoons liquid honey
- 1 tablespoon orange juice
- 1 teaspoon grated orange rind
- 1/2 teaspoon vanilla or almond extract

For yogurt, mix together yogurt, honey, orange juice, orange rind and extract.

Wash berries and hull. If large, slice into bite-sized pieces.

At serving time, spoon fruit into individual bowls and top with yogurt OR combine fruit with sauce and refrigerate at least 1 hour.

Yogurt Popsicles Recipe

Ingredients:

- 1 cup plain yogurt
- 1 banana, sliced
- 1 teaspoon vanilla
- 1 cup fruit juice or fruit chunks

Directions:

Blend ingredients together and pour into small paper cups. Freeze. Place a plastic spoon or popsicle stick in each cup when yogurt mixture is half frozen.

To serve, turn cup upside-down and run hot water over it until the popsicle slips out. Let children keep the cups to use as a holder.

Yogurt Dressing

Ingredients:

- 2/3 cup Nonfat Plain Yogurt
- 1 tablespoon Lemon Juice
- 1 teaspoon Honey
- 1/2 teaspoon Dijon Mustard

Directions:

Combine and season to taste. Beat together until well blended.

Apple Cinnamon Yogurt

Ingredients:

- 2 cups apple cider
- 1 apple, chopped into tiny chunks
- 1 tablespoon cinnamon
- 1 tablespoon honey
- 1/2 cup non/lowfat plain yogurt

Directions:

Combine the cider, apple, cinnamon, and honey. Bring to a boil over medium-high heat, stirring occasionally, until the mixture is reduced to 1/2 cup. Cool and stir into yogurt.

Breakfast Yogurt Parfait

Ingredients:

- 24 ounces yogurt (any flavor/fat level)
- 1 cup fresh blueberries, may use other fresh berries
- 1 cup granola cereal
- Cool Whip, optional

Directions:

Use chilled dessert cups/dishes. Spoon yogurt into each cup. Follow with berries, top with granola. Top with a spoonful of Cool Whip, if desired. Chill or serve immediately.

Honey Ambrosia

Ingredients:

- 16 ounces pineapple chunks in juice
- 2 medium oranges
- 2 bananas
- 3/4 cup coconut
- 8 ounces plain nonfat yogurt
- 1/4 cup honey

Directions:

Mix together yogurt, honey, and coconut. Drain pineapple, peel and separate orange sections, and slice the bananas; mix fruit together. Pour yogurt-honey mixture over fruit and stir.

Yogurt Chicken

INGREDIENTS:

- 2 Lbs. boneless, skinless chicken breasts
- 1 cup olive oil
- 1 tsp. crushed garlic
- 1/2 cup dry white wine
- 1 tsp. fresh basil
- 1/2 cup chopped Armenian or Italian flat leaf parsley
- 2 medium yellow onions [sliced]
- Salt and pepper to taste
- 2 cups mahdzoos or plain yogurt

Directions:

Place the olive oil, crushed garlic, wine, and basil in a bowl or pan and add the chicken breasts so they are covered with the marinade. Cover and let the chicken marinate over night in the refrigerator. Heat a teflon chicken fry pan with a tablespoon of olive oil and brown the chicken on both sides. Discard the marinade. In another pan, add 2 tablespoons of olive oil and saute the onions until they are golden. Place the chicken in the pan with the onions. Spread the mahdzoos over the chicken and onions, cover and let cook over a medium burner for 30 minutes. Sprinkle with the chopped parsley and serve.

Yogurt and Meatball Soup

INGREDIENTS:

- 1/2 lb. ground sirloin or top round
- 1/2 lb. ground lean lamb
- 1 cup bulghour [ground fine]
- 1 yellow onion [chopped]
- Cayenne pepper and/or paprika to taste [optional]
- salt and pepper to taste
- 1/4 cup green bell pepper [chopped fine]
- 1/4 cup Armenian or Italian parsley [chopped fine]

Directions:

Combine the above ingredients and knead into a dough and form into 1 inch meatballs. Cook meatballs in boiling water until they float. Drain the meat balls and add them to the following:

- * 4 cups Yogurt
- * 1/4 cup butter
- * 1 egg

Put the yogurt on a low heat, beat the egg and add to the yogurt with the butter. Bring to a slow simmer and then add the meatballs. Heat a few minutes longer (do not boil)