

Battle of the Greeks

Is it all just Greek to you? Here are the facts about Greek yogurt!

Greek Yogurt is made by straining away the liquid whey to yield a thick, creamy, high protein yogurt!

Compared to regular yogurt, Greek yogurt is:

- ✓ thicker and creamier
- ✓ higher in protein
- ✓ lower in carbohydrate, fat, and sodium

NAVIGATING THE YOGURT AISLE

- Look for **0%**, **nonfat**, and **plain**. The sugar listed on *plain* Greek yogurt is natural sugar from the lactose in milk. Skip the added flavors (strawberry, blueberry, etc.) Flavors = added sugar
- Greek yogurt contains 2-3 times as much protein per serving when compared to regular yogurt! (~20 grams per 6 oz)
- Plain Greek yogurt can be substituted for mayo or sour cream, and used as a base for smoothies, dips, and sauces
- Greek yogurt is tart and tangy, not sweet. If that's not for you, see our recipe ideas on the back for ways to change the flavor
- Greek yogurt can be found on the top shelves of the yogurt aisle of most grocery stores: Harris Teeter, Publix, Piggly Wiggly, Earth Fare, Whole Foods



Nutrition Comparison

brands we love

Yoplait 0% Plain (6 oz)	100 cal 14 g pro
Dannon Nonfat Plain (5.3 oz)	80 cal 15 g pro
Oikos 0% Plain (5.3 oz)	80 cal 15 g pro
Fage Total 0% (6 oz)	90 cal 15 g pro
Chobani Nonfat Plain (6 oz)	100 cal 18 g pro

Watch Out!

Read the nutrition label carefully! Not all brands are low fat. **Fage** (pronounced Fa-yeh!) has 300 calories and 23 g fat per 8 oz vs. 120 calories and 0 g fat in **Fage 0%**



Recipes and Tips

Dips

Ranch Dip

Mix together, chill and serve!

2 c (16 oz) 0% Greek yogurt (any brand)

1 package Ranch Salad Dressing

Makes 8 (2 oz) servings: 50 cal, 0 g fat, 6 g pro

Snacks

Apple Cinnamon Yogurt

Mix together:

1 (6 oz) 0% Plain Greek yogurt (any brand)

½ c unsweetened applesauce

2 tsp cinnamon

1 packet of Splenda

Makes 2 (5 oz) servings: 80 cal, 0 g fat, 9 g pro

Meal Ideas

Purple Potato Salad

2 lb small purple potatoes

1 c (8 oz) Plain 0% Greek yogurt (any brand)

¼ c Dijon mustard

¼ c chives, finely chopped

¼ c red onion, finely chopped

2 celery stalks, chopped

2 hard boiled eggs, chopped

1 pinch cayenne pepper

In a 3 quart saucepan, bring water to boil

Add potatoes; cook 12-15 minutes until tender

Drain, rinse, and cool potatoes

Meanwhile, whisk yogurt and mustard

Stir in chives, red onion, celery, and cayenne pepper

Chop potatoes when cooled and add hard boiled eggs

Pour yogurt dressing on top and stir

Serve at room temp or chill

Makes 8 servings: 163 cal, 2 g fat, 8 g pro (plus 5g fiber)

Greek Onion Dip

Combine in blender, chill, and serve!

1 ½ c (12 oz) 0% Plain Greek yogurt (any brand)

½ c green onions, diced

½ c fresh parsley, chopped

1 tsp course ground mustard

1 clove garlic, minced

Salt and pepper to taste

Makes 8 (1/3 c) servings: 45 cal, 0 g fat, 5 g pro

Give it some zing...

Add natural sweeteners

- ½ mashed banana
- ½ c unsweetened applesauce
- ½ c baby food pears

Add mix-ins

- Sugar-free Swiss Miss hot cocoa powder
- Sugar-free Jello pudding singles
- Crystal Light
- Vanilla or almond extract
- Splenda, Equal, Sweet & Low, Truvia

Plain Greek yogurt is a great substitute for sour cream, mayo, or regular yogurt when cooking

Greek-Style Tuna Salad

½ c (4 oz) Plain 0% Greek yogurt (any brand)

2 (6 oz) cans chunk tuna light in water

2 Tbsp pickle relish

1 Tbsp Dijon mustard

2 stalks celery, chopped

Combine and chill. Serve wrapped in a bibb lettuce leaf or on top of thickly sliced cucumbers

Makes 5 (¼ c) servings: 105 cal, 1 g fat, 18 g pro