

## **Dairy Council – Recipe Evaluations**

### **Layered Broccoli Salad Evaluation**

- Red onion provided good color and texture, but was very overpowering in taste. Reduce to ½ small red onion or less.
- The yogurt dressing flavor was nice and no changes were needed. However, it could've used more. Increase yogurt to ¾ cup; 4 ½ tablespoons honey; 3 tablespoons mayonnaise; 3 tablespoons cider vinegar.
- The sunflower seeds disappeared in the salad. For more texture, color and flavor – use almonds or pecans in place of sunflower seeds.
- For MyPlate: Pair with baked/grilled chicken, brown rice, and a small fruit.

### **Grilled Shrimp with Yogurt Cilantro Salsa**

- There was a lot of preparation work (cutting) involved. To reduce time for prep – use one red bell pepper instead of 3 different peppers (still plenty of color using just red). Also, there was plenty of spice from the Creole seasoning on the shrimp, so the jalapeño pepper and hot sauce can be eliminated.
- Many people do not like cilantro – reduce the cilantro to ½ cup to avoid it from being too overpowering for some.
- To increase the amount of fruit – double the pineapple.
- To save on time, the shrimp and pineapple can also be cooked in a saucepan. On high heat, spray a large pan with non-stick cooking spray. Put shrimp, pineapple (doubled), and some pineapple juice in pan, sprinkle with Creole seasoning and cook for about 5 minutes.
- For MyPlate: Pair with a cucumber salad, or greens salad, and a whole wheat pita slice. No need to add a fruit if pineapple is doubled in the recipe.