

June is National Dairy Month. National Dairy Month is to remind consumers that dairy products are one of the most important foods in the food pyramid. Consuming 3 servings a day is essential to a healthy diet and can help prevent osteoporosis, high blood pressure, obesity and colon cancer.

Where did this tradition come from? It started in 1937 with the support of the National Dairy Council and was referred to as National Milk Month, to help stabilize dairy demand during periods of peak production by distributing promotional materials with the slogan "Keep Youthful-Drink Milk". In 1939, the name changed to June Dairy Month. Many slogans were used to advertise dairy products, from "30 Days for ADA" in 1947 to "3-a-Day" today. By 1955 entire dairy communities banded together to promote and celebrate Dairy Month and continues today in 2009.

There are many recipes that have a lot of dairy products as main ingredients, here is one of our favorites.

Three-Cheese Chicken Bake

3c. Diced, cooked chicken(I use skinless breasts)
8oz. Egg noodles
1 and 1/2 c. Creamy cottage cheese
2 c. shredded American cheese
1/2 c. Parmesan cheese
1/4 c. Chopped pimento
1/2 tsp. Basil
3 T. Butter or margarine
1/2 c. Chopped onion
1/2 c. Chopped green bell pepper
1 can cream of chicken soup
1/3 c. Milk
1(6 oz.) can sliced mushrooms, drained

Cook chicken and chop. Cook noodles until tender, in boiling water. Drain and rinse in cold water. Set aside.

Make a sauce with 3 tablespoons butter or margarine: cook onion and green pepper in butter or margarine; add chicken soup, milk, pimento, basil and mushrooms. Mix and cook for 2 minutes. In a 9x13x3-inch baking dish, place 1/2 of the cooked noodles. Cover with 1/2 each of the sauce, chicken and cheeses. Repeat layers. Bake in a 350 degree oven for 45 minutes.

Served with a tossed salad and bread it makes a complete meal.

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