

Savory Cottage Cheese

SERVING SIZE

A savory side dish, entrée or breakfast item, crunchy and bursting with flavor.

Preparation Time: 30 minutes

Cook Time: None

NSLP/SNP Crediting Information: ½ cup total vegetable (¼ cup red/orange vegetable, ¼ cup other), 2 ounces meat/meat alternate



Serving Size: 1 cup of cottage cheese mixture

INGREDIENTS	50 SERVINGS		100 SERVINGS	
	Weight	Measure	Weight	Measure
Cucumber, Persian or English (unpeeled)	4 pounds and 8 ounces	3 quarts and ½ cup (when diced)	9 pounds	1 gallon, 2 quarts and 1 cup (when diced)
Bell Pepper, red, fresh	5 pounds and 4 ounces	3 quarts and ½ cup (when diced)	10 pounds and 8 ounces	1 gallon, 2 quarts and 1 cup (when diced)
Onion Powder		¼ cup		½ cup
Garlic Powder		¼ cup		½ cup
Sriracha Hot Sauce		2 cups		4 cups
Cottage Cheese, low-fat, low-sodium	12 pounds and 8 ounces	1 gallon, 2 quarts and 1 cup	25 pounds	3 gallons and 2 cups

Directions

Make Vegetable Mixture:

1. Wash and dice cucumbers (½ inch pieces), measure and place in a large mixing bowl.
2. Wash and dice red peppers (½ inch pieces), then mix with cucumbers.
3. Add onion powder, garlic powder and Sriracha. Stir well.

Prepare Serving Bowls:

4. Measure cottage cheese and place into another large mixing bowl.
5. Lay out 50 or 100 individual serving bowls on full-size steam table/hotel pans.
6. Use a No. 8 scoop to place $\frac{1}{2}$ cup cottage cheese into each bowl.
7. Top each with $\frac{1}{2}$ cup vegetable mixture using a No. 8 scoop.

Prepare for Service:

8. Cover with parchment paper and hold at 41°F or lower for cold service. Place individual servings on full-size steam/hotel pans with ice underneath to maintain temperature.

MARKETING GUIDE

Food as Purchased	50 Servings	100 Servings
Cucumbers, Persian or English	5 pounds	9 pounds
Red Bell Peppers	6 pounds	11 pounds
Sriracha Hot Sauce	22 ounces	38 ounces
Cottage Cheese, low-fat, low-sodium	2 gallons or 13 pounds	4 gallons or 25 pounds
Onion Powder	1-2 ounce container	3 ounce container
Garlic Powder	1-2 ounce container	3 ounce container

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or for guidance on purchasing amounts.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Asian-fusion, Vegetarian.

Equipment: Two large mixing bowls, measuring cups, spoons, mixing spoons, scoops, No. 8 scoops and 50-100 individual serving bowls.

Options: Can substitute other spices such as oregano and dill. Can substitute cherry tomatoes for red bell peppers. Can use other types of liquid hot sauce.

YIELD/VOLUME

50 Servings	100 Servings
50 serving bowls with 1 cup each	100 serving bowls with 1 cup each

NUTRITION FACTS PER SERVING (1 CUP)				
Calories: 104 kcal	Cholesterol: 13.56 mg	Sugars: 5.72 g	Calcium: 132.98 mg	22.98% Calories from Total Fat
Total Fat: 2.66 g	Sodium: 434.08 mg	Protein: 12.32 g	Iron: 0.35 mg	12.26% Calories from Saturated Fat
Saturated Fat: 1.42 g	Carbohydrates: 8.28 g	Vitamin A: 872.45 IU	Water 129.57 g	0.65% Calories from Trans Fat
Trans Fat: 0.08 g	Fiber: 0.65 g	Vitamin C: 24.53 mg	Ash: 1.65 g	31.84% Calories from Carbohydrates
				47.36% Calories from Protein

Sweet and Spicy Cottage Cheese

SERVING SIZE

A sweet side dish, entree or breakfast item bursting with fruit and a little spice to heat up the flavor.

Preparation Time: 10 minutes

Cook Time: None

NSLP/SNP Crediting Information: ¼ cup fruit, 2 ounces meat/meat alternate

Serving Size: ¾ cup of cottage cheese and ¼ cup fruit



INGREDIENTS	50 SERVINGS		100 SERVINGS	
	Weight	Measure	Weight	Measure
Pineapple Chunks or Tidbits (in juice)		3 quarts and ½ cup (about 1 No. 10 can)		1 gallon, 2 quarts and 1 cup (about 2 No. 10 cans)
Cottage Cheese, low-fat, low-sodium	12 ½ pounds	1 gallon, 2 quarts and 1 cup	25 pounds	3 gallons, 2 quarts and 2 cups
Pineapple juice (from canned, strained pineapple) or orange juice		1 cup		2 cups
Tajin, low-sodium		⅓ cup		⅔ cup

Directions

Prepare Ingredients:

1. Drain pineapple chunks through a colander or sieve into large bowl and reserve juice for later.
2. Measure cottage cheese into a separate large mixing bowl.
3. Mix pineapple or orange juice into cottage cheese and blend lightly.

Prepare Serving Bowls:

4. Lay out 50 or 100 individual bowls on large steam table trays.
5. Scoop $\frac{1}{2}$ cup cottage cheese into each bowl using a No. 8 scoop.
6. Top each with $\frac{1}{4}$ cup pineapple chunks using a No. 16 scoop.
7. Sprinkle $\frac{1}{4}$ teaspoon of Tajin on each bowl using measuring spoon or shaker.

Prepare for Service:

8. Cover with parchment paper and hold at 41°F or lower for cold service. Place individual servings on full-size steam/hotel pans with ice underneath to maintain temperature.

MARKETING GUIDE

Food as Purchased	50 Servings	100 Servings
Pineapple chunks or tidbits in unsweetened juice	7 No. 2 cans or 1 No. 10 can and 1 No. 2 can	14 No. 2 cans or 2 No. 10 cans and 1 No. 2 can
Cottage Cheese, low-fat, low-sodium	2 gallons or 13 pounds	4 gallons or 25 pounds

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or for guidance on purchasing amounts.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Mexican-inspired, Vegetarian.

Equipment: Large mixing bowl, small mixing bowl, measuring cups, spoons, No. 8 and No. 16 scoops, colander or sieve and full-size table/hotel pans.

Options: Can substitute other spices such as chili powder, cinnamon or ginger. Also can use other fruits such as peaches, mangoes, papayas or strawberries. Can substitute fresh orange juice for pineapple juice.

YIELD/VOLUME

50 Servings

100 Servings

50 $\frac{3}{4}$ cup servings

100 $\frac{3}{4}$ cup servings

NUTRITION FACTS PER SERVING (1 CUP)

Calories: 128 kcal	Cholesterol: 13.56 mg	Sugars: 12.37 g	Calcium: 126.08 mg	18.01% Calories from Total Fat
Total Fat: 2.57 g	Sodium: 487.44 mg	Protein: 11.83 g	Iron: 0.45 mg	9.78% Calories from Saturated Fat
Saturated Fat: 1.40 g	Carbohydrates: 14.35 g	Vitamin A: 266.93 IU	Water 96.12 g	0.53% Calories from Trans Fat
Trans Fat: 0.08 g	Fiber: 0.50 g	Vitamin C: 8.07 mg	Ash: 1.45 g	44.681% Calories from Carbohydrates
				36.82% Calories from Protein

Berry Sweet Whipped Cottage Cheese Toast

SERVING SIZE

A sweet and protein-rich alternative to avocado toast.

Preparation Time: 30 minutes

Cook Time: None

NSLP/SNP Crediting Information: ¼ cup fruit, 1 ounce meat/meat alternate, 1 ounce grain equivalent

Serving Size: 1 toast



INGREDIENTS	50 SERVINGS		100 SERVINGS	
	Weight	Measure	Weight	Measure
Cottage Cheese, low-fat, low-sodium	6 ¼ pounds	3 quarts and ½ cup	12 ½ pounds	1 gallon, 1 pint and 1 cup
Strawberries, fresh (sliced)		3 quarts and ½ cup		1 gallon, 1 pint and 1 cup
Sourdough bread, pre-sliced from loaf with equal size slices		50 small to medium slices		100 small to medium slices
Honey	6 ounces	1 ⅛ cups (25 teaspoons)	12 ounces	2 ¼ cups (50 teaspoons)

Directions

Prepare Ingredients

1. Blend cottage cheese in a blender for three minutes until smooth; transfer to a large mixing bowl.
2. Measure strawberries and add to another bowl. Toss gently. If frozen, thaw and drain before use.

Prepare Toast

3. Toast bread slices on full-size steam table pans in oven. Place toasts on small plates.

Assemble Toasts

4. Spread $\frac{1}{4}$ cup whipped cottage cheese on each toast using a No. 16 scoop.
5. Top with $\frac{1}{4}$ cup sliced strawberries using No. 16 scoop or measuring cup.
6. Drizzle $\frac{1}{2}$ tsp honey on each toast right before serving.

Prepare for Service

7. If made ahead (one hour max), wait to drizzle honey.
8. Cover with parchment paper and hold at 41°F or lower for cold service, if making ahead one hour. Keep individual servings on full size steam table/hotel pans for service, with ice underneath to maintain temperature.
9. Cottage cheese and fruit can be prepped one day ahead and held separately in covered containers until assembly.

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Sweet, Vegetarian

Equipment: Blender, mixing bowls, measuring cups/spoons, full-size steam table/hotel pans.

Options: Can cut in half for tastings. Try other fruits like blueberries, raspberries, blackberries, peaches or melon. Frozen-thawed fruit can be used but may be less flavorful.

YIELD/VOLUME

50 Servings	100 Servings
50 toasts	100 toasts

NUTRITION FACTS PER SERVING (1 TOAST)

Calories: 161 kcal	Cholesterol: 6.78 mg	Sugars: 8.06 g	Calcium: 82.64 mg	11.26% Calories from Total Fat
Total Fat: 2.02 g	Sodium: 383.34 mg	Protein: 9.94 g	Iron: 1.37 mg	4.74% Calories from Saturated Fat
Saturated Fat: 0.85 g	Carbohydrates: 26.48 g	Vitamin A: 137.90 IU	Water 87.04g	0.21% Calories from Trans Fat
Trans Fat: 0.04 g	Dietary Fiber: 1.67 g	Vitamin C: 22.42 mg	Ash: 1.55g	65.71% Calories from Carbohydrates
				24.67% Calories from Protein

Cheesy Broccoli Mini Crustless Quiches



SERVING SIZE

A savory snack, side dish or main entrée for lunch or breakfast.

Preparation Time: 30 minutes

Cook Time: 18-22 minutes

NSLP/SNP Crediting Information: $\frac{1}{8}$ cup total vegetable ($\frac{1}{8}$ cup other vegetable) and $\frac{1}{2}$ ounce meat/meat alternate

Serving Size: 1 quiche



INGREDIENTS	48 SERVINGS		96 SERVINGS	
	Weight	Measure	Weight	Measure
Eggs, whole, large		1 dozen and 4 eggs		2 dozen and 8 eggs
Milk, fluid, 2%		1 cup		2 cups
Flour, all purpose		$\frac{1}{2}$ cup		1 cup
Baking powder		2 teaspoons		1 tablespoon and 1 teaspoon
Nutmeg, ground		1 teaspoon		2 teaspoons
Thyme, dried		2 teaspoons		1 tablespoon and 1 teaspoon
Salt		1 teaspoon		2 teaspoons
Pepper, black ground		1 teaspoon		2 teaspoons
Green onions, roots removed		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Cottage Cheese, low-fat, low-sodium	1 pound	1 quart	2 pounds	2 quarts
Cheese, shredded, cheddar, jack, gruyere or Swiss	1 pound and 8 ounces	1 quart and 1 pint	3 pounds	3 quarts
Broccoli, trimmed		3 cups		1 quart and 1 cup

Directions

Prepare Ingredients

1. Preheat oven to 375°.
2. Crack eggs into a large bowl and whisk. Add milk, flour, baking powder, nutmeg, thyme, salt and pepper. Mix well.
3. Fold in green onions, cottage cheese, shredded cheese and broccoli.

Assemble Quiches

4. Grease muffin tins or line with cupcake liners. Fill each $\frac{3}{4}$ full using a No. 16 scoop.

Bake and Serve

5. Bake for 20 minutes or until a knife inserted in the center comes out clean. Cool for five minutes on a wire rack before removing from tins.
6. Serve on individual plates. Place plates on steam/hotel pans for service. Hold at 140°F or higher.

Storage and Reheating

7. Quiches may be frozen at 0°F, then thawed in a refrigerator overnight. Remove liners and reheat on greased hotel pan at 350°F for 14 minutes. Hold at or above 140°F for hot service.

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Savory, Vegetarian

Equipment: Large mixing bowl, whisk, measuring tools, No. 16 scoop, muffin tins or cupcake liners, oven, steam table pans.

Options: Can be offered as an entrée by serving two quiches. Recommendation for lunch is to serve with tossed romaine salad and roll. For breakfast, can serve with whole wheat toast and fruit. For tastings, cut quiches in half. Can replace broccoli with green or red bell pepper or asparagus. Frozen, thawed and drained chopped broccoli can be used instead of fresh.

YIELD/VOLUME

48 Servings

96 Servings

48 toasts

96 toasts

NUTRITION FACTS PER SERVING (1 QUICHE)

Calories: 104 kcal	Cholesterol: 78.16 mg	Sugars: 0.71 g	Calcium: 45.99mg	55.53% Calories from Total Fat
Total Fat: 6.42 g	Sodium: 258.51 mg	Protein: 8.43 g	Iron: 0.44 mg	32.21% Calories from Saturated Fat
Saturated Fat: 3.72 g	Carbohydrates: 2.45 g	Vitamin A: 160.25 IU	Water: 39.26 g	0.05% Calories from Trans Fat
Trans Fat: 0.01 g	Dietary Fiber: 0.26 g	Vitamin C: 5.43 mg	Ash: 0.81 g	9.42% Calories from Carbohydrates
				32.41% Calories from Protein

Ham and Cheesy Mini Crustless Quiches



SERVING SIZE

A savory snack, side dish or offer two quiches as main entrée for lunch or breakfast

Preparation Time: 30 minutes

Cook Time: 18-22 minutes

NSLP/SNP Crediting Information: $\frac{3}{4}$ ounce meat/meat alternate

Serving Size: 1 quiche



INGREDIENTS	48 SERVINGS		96 SERVINGS	
	Weight	Measure	Weight	Measure
Eggs, whole, large		1 dozen and 4 eggs		2 dozen and 8 eggs
Milk, fluid, 2%		1 cup		2 cups
Flour, all purpose		$\frac{1}{2}$ cup		1 cup
Baking powder		2 teaspoons		1 tablespoon and 1 teaspoon
Nutmeg, ground		1 teaspoon		2 teaspoons
Dill or Thyme, dried		2 teaspoons		1 tablespoon and 1 teaspoon
Pepper, black ground		1 teaspoon		2 teaspoons
Green onions, roots removed		$\frac{3}{4}$ cup (finely chopped)		1 $\frac{1}{2}$ cups (finely chopped)
Cottage Cheese, low-fat, low-sodium	1 pound	1 quart	2 pounds	2 quarts
Cheese, shredded, Monterey jack, cheddar, gruyere or Swiss	1 pound and 8 ounces	1 quart and 1 pint	3 pounds	3 quarts
Ham, cooked	1 pound	3 cups (finely chopped)	2 pounds	1 quart and 1 cup (finely chopped)

Directions

Prepare Ingredients

1. Preheat oven to 375°.
2. Crack eggs into a large bowl and whisk. Add milk, flour, baking powder, nutmeg, dill or thyme and pepper. Mix well.
3. Fold in green onions, cottage cheese, shredded cheese and ham.

Assemble Quiches

4. Grease muffin tins or line with cupcake liners. Fill each $\frac{3}{4}$ full using a No. 16 scoop.

Bake and Serve

5. Bake for 20 minutes or until a knife inserted in the center comes out clean. Cool for five minutes on a wire rack before removing from tins.
6. Serve on individual plates. Place plates on steam/hotel pans for service. Hold at 140°F or higher.

Storage and Reheating

7. Quiches may be frozen at 0°F, then thawed in a refrigerator overnight. Remove liners and reheat on greased hotel pan at 350°F for 14 minutes. Hold at or above 140°F for hot service.

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Savory, Cheesy

Equipment: Large mixing bowl, whisk, measuring tools, No. 16 scoop, muffin tins or cupcake liners, oven, steam table pans.

Options: For vegetarian version, substitute chopped red or green bell pepper, broccoli or asparagus for ham. Cut quiches in half for tastings. Serve two for entrée with salad and roll or toast and fruit.

YIELD/VOLUME

48 Servings

96 Servings

48 quiches

96 quiches

NUTRITION FACTS PER SERVING (1 QUICHE)

Calories: 112 kcal	Cholesterol: 83.16 mg	Sugars: 0.89 g	Calcium: 43.26 mg	55.68% Calories from Total Fat
Total Fat: 6.95 g	Sodium: 272.70 mg	Protein: 9.66 g	Iron: 0.43 mg	31.99% Calories from Saturated Fat
Saturated Fat: 3.99 g	Carbohydrates: 2.63 g	Vitamin A: 125.24 IU	Water: 34.18 g	0.05% Calories from Trans Fat
Trans Fat: 0.01 g	Dietary Fiber: 0.11 g	Vitamin C: 0.36 mg	Ash: 0.63 g	9.35% Calories from Carbohydrates
				34.38% Calories from Protein

Herbalicious Whipped Cottage Cheese Toast

SERVING SIZE

A side dish or breakfast item, as a savory and protein-rich alternative to avocado toast.

Preparation Time: 30 minutes

Cook Time: None

NSLP/SNP Crediting Information: 1 ounce meat/meat alternate, 1 ounce grain equivalent

Serving Size: 1 toast



INGREDIENTS	50 SERVINGS		100 SERVINGS	
	Weight	Measure	Weight	Measure
Cottage Cheese, low-fat, low-sodium	6 ¼ pounds	3 quarts and ½ cup	12 ½ pounds	1 gallon, 1 pint and 1 cup
Dill, Parsley, Chives, fresh (mixture of herbs, woody stems or ends removed)		1½ cups (roughly chopped)		3 cups (roughly chopped)
Onion or garlic powder		2 tablespoons		¼ cup
Sourdough bread, pre-sliced from loaf with equal size slices		50 small to medium slices		100 small to medium slices
Optional toppings: <i>Fried or scrambled egg, peas, trimmed asparagus cut in half or chopped or sliced cucumber or capers or red pepper flakes</i>		Optional: 50 cooked eggs or about 3 cups chopped vegetables or about 1 cup capers, drained or ½ cup red pepper flakes		Optional: 100 cooked eggs, or about 6 cups chopped vegetables or about 2 cups capers, drained or 1 cup red pepper flakes

Directions

Prepare Ingredients

1. Blend cottage cheese in a blender for three minutes until smooth; transfer to a large mixing bowl.
2. Measure herbs and onion or garlic powder and add to mixing bowl. Toss gently to blend.

Prepare Toast

3. Toast bread slices on full-size steam table pans in oven. Place toasts on small plates.

Assemble Toasts

4. Spread $\frac{1}{4}$ cup whipped cottage cheese on each toast using a No. 16 scoop.
5. Add optional toppings (egg, capers, red pepper flakes, vegetables).

Prepare for Service

6. Cover with parchment paper and hold at 41°F or lower for cold service, if making ahead one hour. Keep individual servings on full size steam table/hotel pans for service, with ice underneath to maintain temperature.
7. Cottage cheese mixture can be prepared one day ahead and held separately in covered container until assembly.

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Savory, herby

Equipment: Blender, mixing bowls, measuring cups/spoons, full-size steam table/hotel pans.

Options: Can cut in half for tastings.

YIELD/VOLUME

50 Servings	100 Servings
50 toasts	100 toasts

NUTRITION FACTS PER SERVING (1 TOAST)

Calories: 139 kcal	Cholesterol: 6.78 mg	Sugars 3.32 g	Calcium: 77.80 mg	12.41% Calories from Total Fat
Total Fat: 1.91 g	Sodium: 383.22 mg	Protein 9.71 g	Iron: 1.25 mg	5.48% Calories from Saturated Fat
Saturated Fat: 0.84 g	Carbohydrates: 20.71 g	Vitamin A 211.65 U	Water: 52.92 g	0.25% Calories from Trans Fat
Trans Fat: 0.04 g	Dietary Fiber: 0.93 g	Vitamin C 1.21 mg	Ash: 1.41 g	59.75% Calories from Carbohydrates
				28.01% Calories from Protein

Cottage Cheese Tzatziki Style Dip

SERVING SIZE

A Greek-style protein-rich side dish or entree.

Preparation Time: 30 minutes

Cook Time: None

NSLP/SNP Crediting Information: $\frac{3}{8}$ cup total vegetable ($\frac{3}{8}$ cup other vegetable), 2 oz meat/meat alternate, $\frac{1}{2}$ ounce grain equivalent

Serving Size: 1 bowl ($\frac{3}{4}$ cup dip and garnishes)



INGREDIENTS	50 SERVINGS		100 SERVINGS	
	Weight	Measure	Weight	Measure
Cucumbers, Persian or English (unpeeled) OR If using other, remove peel, if waxed, and scoop out large seeds before weighing	6 pounds	3 quarts (grated)	12 pounds	1 gallon, 2 quarts (grated)
Cottage Cheese, low-fat, low-sodium	12 $\frac{1}{2}$ pounds	1 gallon, 2 quarts and 1 cup	25 pounds	3 gallons and 1 pint
Olive Oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
White Vinegar		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Garlic cloves		25 cloves (peeled and minced)		50 cloves (peeled and minced)
Mint leaves, dried or fresh		2 tablespoons dried or $\frac{1}{4}$ cup fresh (finely chopped)		$\frac{1}{4}$ cup dried or $\frac{1}{2}$ cup fresh (finely chopped)
Black pepper		1 tablespoon		2 tablespoons
Salt		1 teaspoon		2 teaspoons

Grape Tomatoes	2 pounds and 6 ounces	1 quart and $\frac{1}{3}$ cup	4 pounds and 12 ounces	2 quarts and $\frac{2}{3}$ cup
Bell Pepper, green, chopped	12 ounces	2 $\frac{1}{4}$ cups	1 pound and 6 ounces	1 quart and $\frac{1}{2}$ cup
Pita Chips		1 gallon, 2 quarts and 1 cup		3 gallons and 1 pint
Lemon Juice, fresh		1 $\frac{1}{2}$ cups		3 cups
Olive Oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Salt		$\frac{1}{2}$ teaspoon		1 teaspoon
Dill fronds, lightly packed		1 quart		2 quarts

Directions

Make Cottage Cheese Dip

1. Rinse and grate unpeeled cucumbers. Remove excess moisture by squeezing through clean cloth or paper towel over a sink. Should yield about 1 gallon for 50 servings and 2 gallons for 100 servings.
2. Add cucumber, cottage cheese, olive oil, white vinegar, garlic cloves, mint, black pepper and salt to large mixing bowl and mix together.
Note: Blend cottage cheese before mixing if smoother texture is preferred.
3. Cover and refrigerate for at least 30 minutes or overnight at 41°F or below.

Prepare Serving Bowls

4. Lay out 50 or 100 bowls on full size hotel/steam table trays. Scoop $\frac{3}{4}$ cup cottage cheese mixture into each bowl.

Garnish and Dressing

5. Around each bowl, place three grape tomatoes (or $\frac{1}{4}$ cup), five pita chips (or $\frac{1}{2}$ cup) and scatter two tablespoons chopped bell pepper.
6. To make the dressing, mix together lemon juice, the second amount of olive oil and salt. Drizzle $\frac{1}{2}$ tablespoon over each serving.
7. Garnish each serving with one sprig of fresh dill.

Prepare for Service

8. Hold at 41°F or lower for cold service. Place individual servings on full-size steam/hotel pans with ice underneath to maintain temperature.

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Serving Suggestions: For lunch, serve with chicken, small wheat roll or rice, fresh whole fruit and milk.

YIELD/VOLUME

50 Servings

50 serving bowls with $\frac{3}{4}$ cup each

100 Servings

100 serving bowls with $\frac{3}{4}$ cup each

NUTRITION FACTS PER SERVING (3/4 CUP)

Calories: 196 kcal	Cholesterol: 13.56 mg	Sugars: 6.77 g	Calcium: 147.12 mg	33.67% Calories from Total Fat
Total Fat: 7.34 g	Sodium: 587.42 mg	Protein: 12.41 g	Iron: 1.84 mg	9.06% Calories from Saturated Fat
Saturated Fat: 1.98 g	Carbohydrates: 19.55 g	Vitamin A: 1226.34 IU	Water: 161.49 g	0.35% Calories from Trans Fat
Trans Fat: 0.08 g	Dietary Fiber: 0.90 g	Vitamin C: 10.88 mg	Ash: 1.93 g	39.86% Calories from Carbohydrates
				25.29% Calories from Protein