

Kale Dip

⌚ Cooking time: 20 minutes

HACCP Process #2 Same Day Service



1 Serving Provides

CACFP: 1/8 cup Vegetables, 1/2 ounce equivalents Meat/Meat Alternate

NSLP: 1/8 cup Dark Green Vegetables, 1/2 ounce equivalents Meat/Meat Alternate

SFSP: 1/8 cup Vegetables, 1/2 ounce equivalents Meat/Meat Alternate

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1 Tablespoon		2 Tablespoons
Garlic, raw, minced		1 Tablespoon		2 Tablespoons
Red pepper flakes		1/2 teaspoon		1 teaspoon
Kale, raw, stems removed, chopped	8 ounces		1 pound	
Water		1/4 cup		1/2 cup
Cottage cheese, low-fat	1 pound	1 pint	2 pounds	1 quart
Salt		1/4 teaspoon		1/2 teaspoon
Lemon juice, fresh		1/8 cup		1/4 cup



Directions

1. Heat oil in a large skillet or steam kettle over medium heat. Add garlic and cook, stirring, for about 30 seconds. Add the red pepper flakes and cook for another 30 seconds.
2. Add the chopped kale to the skillet and cook, stirring, for about 1 minute. Add the water and cover the skillet to let the kale steam. Cook, covered, for about 3-4 minutes, or until tender.

CCP: Heat to 140°F or higher.

3. Transfer kale to a food processor fitted with a blade. Pulse a few times to break up the kale leaves. Add cottage cheese, salt and lemon juice, and continue to pulse until the kale and cottage cheese are well combined but still has a coarse texture.
4. Transfer mixture to a shallow pan and chill.
5. If you don't have a blender or food processor, simply mix the cooked kale with the cottage cheese, salt and lemon juice until thoroughly combined. Transfer to a shallow pan and chill until ready to use.

CCP: Cool completely to 41°F following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within an additional 4 hours.

CCP: Hold for cold service at or below 41°F.

Serve 1/4 cup portions using a #16 scoop.

continued...

Kale Dip, continued

Serving	Yield	Volume
¼ cup	12 Servings: about 1½ pounds 24 Servings: about 3 pounds	12 Servings: about 3 cups 24 Servings: about 6 cups

Nutrients Per Serving					
Calories	48	Sodium	209 mg	Vitamin C	24 mg
Total Fat	1.7 g	Carbohydrate	3 g	Iron	0.4 mg
Saturated Fat	0.4 g	Dietary Fiber	0.4 g	Calcium	53 mg
Cholesterol	2 mg	Vitamin A	1904 IU		

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NSLP: 1/8 cup Dark Green Vegetables, 1/2 ounce equivalents Meat/Meat Alternate

SFSP: 1/8 cup Vegetables, 1/2 ounce equivalents Meat/Meat Alternate

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1/4 cup		1/2 cup
Garlic, raw, minced		1/4 cup		1/2 cup
Red pepper flakes		2 teaspoon		1 Tablespoon 1 teaspoon
Kale, raw, stems removed, chopped	2 pounds	2 gallons	4 pounds	4 gallons
Water		3/4 cup		1 cup
Cottage cheese, low-fat	4 pounds	2 quarts	8 pounds	1 gallon
Salt		1 teaspoon		2 teaspoons
Lemon juice, fresh		1/2 cup		1 cup



Directions

1. Heat oil in a large skillet or steam kettle over medium heat. Add garlic and cook, stirring, for about 30 seconds. Add the red pepper flakes and cook for another 30 seconds.
2. Add the chopped kale to the skillet and cook, stirring, for about 2 minutes. Add the water and cover the skillet to let the kale steam. Cook, covered, for about 5-10 minutes, or until tender.

CCP: Heat to 140°F or higher.

3. Working in batches, transfer kale to a food processor fitted with a blade. Pulse a few times to break up the leaves. Add cottage cheese, salt and lemon juice, and continue to pulse until the kale and cottage cheese are well combined but still has a coarse texture. Transfer each batch to a large mixing bowl and mix thoroughly.
4. Transfer mixture to a shallow pan and chill.
5. If you don't have a blender or food processor, simply mix the cooked kale with the cottage cheese, salt and lemon juice until thoroughly combined. Transfer to a shallow pan and chill until ready to use.

CCP: Cool completely to 41°F following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within an additional 4 hours.

CCP: Hold for cold service at or below 41°F.

Serve 1/4 cup portions using a #16 scoop.

continued...

Kale Dip, continued

Serving	Yield	Volume
¼ cup	48 Servings: about 6 pounds 96 Servings: about 12 pounds	48 Servings: about 3 quarts 96 Servings: about 1½ gallons

Nutrients Per Serving					
Calories	48	Sodium	209 mg	Vitamin C	24 mg
Total Fat	1.7 g	Carbohydrate	3 g	Iron	0.4 mg
Saturated Fat	0.4 g	Dietary Fiber	0.4 g	Calcium	53 mg
Cholesterol	2 mg	Vitamin A	1904 IU		