

# Kale Dip

🕒 Cooking time: 15 minutes  
HACCP Process #2 Same Day Service



## 1 Serving Provides:

CACFP: ⅛ cup Vegetables, ½ ounce equivalents Meat/Meat Alternate  
NSLP: ⅛ cup Dark Green Vegetables, ½ ounce equivalents Meat/Meat Alternate  
SFSP: ⅛ cup Vegetables, ½ ounce equivalents Meat/Meat Alternate

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		¼ cup		½ cup
Garlic, raw, minced		¼ cup		½ cup
Red pepper flakes		2 teaspoon		1 Tablespoon + 1 teaspoon
Kale, raw, stems removed, chopped	2 pounds	2 gallons	4 pounds	4 gallons
Water		¾ cup		1 cup
Cottage cheese, low-fat	4 pounds	2 quarts	8 pounds	1 gallon
Salt		1 teaspoon		2 teaspoons
Lemon juice, fresh		½ cup		1 cup



## Directions

- 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.
- 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.
- 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.
- Transfer mixture to a shallow pan and chill.
- 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 ¼ cup portions using a #16 scoop.

*continues*

# Kale Dip, continued

Serving	Yield	Volume	Nutrients Per Serving					
¼ cup	48 Servings: about 6 pounds	48 Servings: about 3 quarts	Calories	48	Sodium	209 mg	Vitamin A	1904 IU
	96 Servings: about 12 pounds	96 Servings: about 1½ gallons	Total Fat	1.7 g	Carbohydrate	3 g	Vitamin C	24 mg
			Saturated Fat	0.4 g	Dietary Fiber	0.4 g	Iron	0.4 mg
			Cholesterol	2 mg	Protein	5.5 g	Calcium	53 mg