

Kale Dip

 Cooking time: 10 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	2 quarts	1 pound	1 gallon
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		2 Tablespoons		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 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.

continues

Kale Dip, continued

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

Nutrients Per Serving					
Calories	48	Sodium	209 mg	Vitamin A	1904 IU
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