


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

- 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 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.
- 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 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 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