1 Serving Provides:

Kale Dip

Cooking time: 10 minutes HACCP Process #2 Same Day Service



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

	12 Servings		24 Servings			
Ingredients	Weight Measure		Weight	Measure		
Vegetable oil		1 Tablespoon		2 Tablespoons		
Garlic, raw, minced		1 Tablespoon		2 Tablespoons		
Red pepper flakes		½ teaspoon		1 teaspoon		
Kale, raw, stems removed, chopped	8 ounces	2 quarts	1 pound	1 gallon		
Water		¼ cup		½ cup		
Cottage cheese, low-fat	1 pound	1 pint	2 pounds	1 quart		
Salt		1⁄4 teaspoon		½ 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 ¼ cup portions using a #16 scoop.

Kale Dip, continued

Serving	Yield	Volume	Nutrients Per Serving							
¼ cup	12 Servings: about 1½ pounds	12 Servings: about 3 cups	Calories	48	Sodium	209 mg	Vitamin A	1904 IU		
24 Servings: about 3 pounds	24 Servings: about 6 cups	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

Calcium

53 mg

5.5 g

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