


# Kale Dip

 Cooking time: 15 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	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.

*continues*

# Kale Dip, continued

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

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