

Ranch Dip



1 Serving Provides:

CACFP: 0.25 ounces Meat/Meat Alternate

NSLP: 0.25 ounces Meat/Meat Alternate

SFSP: 0.25 ounces Meat/Meat Alternate

HACCP Process #1 No Cook Preparation

Ingredients	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Low-fat cottage cheese	8 ounces	1 cup	1 pound	2 cups
Low-fat plain yogurt	9 ounces	1 cup	1 pound 2 ounces	2 cups
Dried parsley flakes		1 teaspoon		2 teaspoons
Garlic powder		½ teaspoon		1 teaspoon
Onion powder		½ teaspoon		1 teaspoon
Black pepper		¼ teaspoon		½ teaspoon
Salt		¼ teaspoon		½ teaspoon



Directions

1. For a chunky dip, mix cottage cheese, yogurt and seasonings in a bowl.
2. For a smoother dip mash cottage cheese with a fork before adding yogurt and seasonings.
3. Alternately, blend all ingredients in a blender until smooth.

CCP: Hold for cold service at 41°F or below.

Serve 1 ounce portions.

Serving	Yield	Volume
1 ounce	16 servings, about 1 pound 32 servings, about 2 pounds	16 servings, about 2 cups 32 servings, about 1 quart

Nutrients Per Serving					
Calories	20	Sodium	105 mg	Vitamin A	15 IU
Total Fat	0.4 g	Carbohydrate	2 g	Vitamin C	0 mg
Saturated Fat	0.2 g	Dietary Fiber	0 g	Iron	0 mg
Cholesterol	2 mg	Protein	2.6 g	Calcium	38 mg