

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	64 Servings		128 Servings	
	Weight	Measure	Weight	Measure
Low-fat cottage cheese	2 pounds	1 quart	4 pounds	2 quarts
Low-fat plain yogurt	2 pounds 4 ounces	1 quart	4 pounds 8 ounces	2 quarts
Dried parsley flakes		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Onion powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Black pepper		1 teaspoon		2 teaspoons
Salt		1 teaspoon		2 teaspoons



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	64 servings, about 4 pounds 128 servings, about 8 pounds	64 servings, about 2 quarts 128 servings, about 1 gallon

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