

FRUIT AND COTTAGE CHEESE SALAD

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ½ cup fruit

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup of cottage

cheese, 1 muffin, ½ cup fruit

RECIPE HACCP PROCESS: #1 - No cook


MEAT/MEAT ALTERNATE : WHOLE GRAINS : FRUITS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cheese, Cottage, 2% Milkfat, MS	25 pounds
Apples, Granny Smith, Whole, Fresh, #4201	3 pounds + 8 ounces
Apples, Raw, Red Delicious, #4202	3 pounds + 8 ounces
Oranges, Assorted Varieties, Fresh, #4211	14 pounds + 12 ounces
Strawberries, Fresh, Whole, #4214	4 pounds + 14 ounces
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12 ounces
Muffin Loaf, Blueberry, WGR, #1213	100 muffin loaves

DIRECTIONS

- Select seasonal fruits of choice, such as those listed in the ingredient list. Choose any fruit combination or single fruit to equal ½ cup serving. If serving other fruits than those listed in the ingredient list, reference the Food Buying Guide to determine the serving size required to meet the fruit component and recalculate the nutrient analysis.
- On the day of service; rinse the fruits under cold, running water, then drain them thoroughly.
- Cut the apples into bite-sized portions. The apples should be soaked for 5 minutes in a solution of 1 cup of pineapple juice plus 1 quart of water to prevent browning. Drain the apples thoroughly before assembling the Fruit and Cottage Cheese Salad.
- Peel the oranges and remove the sections.
- Remove the stems from the strawberries and slice them in half.
- Combine all of the fruits to make a fruit blend. Cover and refrigerate the fruit until ready for salad assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for salad assembly.
- If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, running water, and drain thoroughly. Cut the leaves to use as liners in the salad containers. Cover and refrigerate the lettuce until ready for salad assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for salad assembly.
- To assemble the salads:
 - In the center of the large compartment of the salad container, place a lettuce leaf liner.
 - Portion ½ cup of cottage cheese in the left of the lettuce leaf.
 - Portion ½ cup of the fruit mix to the right of the cottage cheese.
 - Place a muffin loaf in the top right section of the salad container.
 - Refrigerate the salads until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.

FRUIT AND COTTAGE CHEESE SALAD

DIRECTIONS

9. Portion 1 salad for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and ½ cup fruit.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for salads.

Fruit may be served whole or sliced, depending on student's preferences.

If other types fruit is served, refer to the USDA FNS Food Buying Guide for School Meal Programs to determine the serving size required to meet the daily fruit component requirement. The crediting is based on fruit listed in the ingredients. If other types of fruit are offered, the nutrient analysis must be recalculated.

SERVING NOTES

Garnish cottage cheese with one half maraschino cherry and creatively arrange fruit around cottage cheese.

MISCELLANEOUS NOTES

Presentation Idea: Use a container that allows space for the salad, cottage cheese and muffin is recommended. A clear plastic lid, for eye appeal, is preferable.

NUTRIENTS PER SERVING

Calories	308	Dietary Fiber	3.83 g	Sodium	485.00 mg	Sat. Fat	1.65 g
Carbohydrates	45.23 g	Protein	17.58 g	Total Fat	7.53 g	Trans Fat	0.00 g