

Sweet and Spicy Cottage Cheese

SAMPLE SIZE

A sweet side dish, entrée, or breakfast item bursting with fruit and a little spice to heat up the flavor.

Preparation Time: 10 minutes **Cook Time:** none

NSLP/SNP crediting information:

¼ cup Fruit, 2 ounces Meat/Meat Alternative



INGREDIENTS	50 SAMPLE SERVINGS		100 SAMPLE SERVINGS	
	Weight	Measure	Weight	Measure
Pineapple chunks or tidbits in juice		3 quarts and ½ cup (about 1 No. 10 can)		1 gallon, 2 quarts and 1 cup (about 2 No. 10 cans)
Cottage Cheese, low-fat, low-sodium	12 ½ pounds	1 gallon, 2 quarts and 1 cup	25 pounds	3 gallons and 2 cups
Pineapple juice (from canned, strained pineapple) or orange juice		1 cup		2 cups
Tajin, low-sodium		⅓ cup		⅓ cup

Directions:

1. Drain pineapple chunks through a colander or sieve into large bowl and reserve juice for later.
2. Measure cottage cheese into large mixing bowl.
3. Mix pineapple or orange juice into cottage cheese and blend lightly.
4. Lay out either 50 or 100 individual bowls on large steam table trays. Scoop ½ cup cottage cheese, using a No. 8 scoop into each bowl.
5. Measure out ¼ cup pineapple chunks or tidbits per serving using a No. 16 scoop and scatter across top of cottage cheese in each serving bowl.
6. Sprinkle ¼ teaspoon of Tajin using measuring spoon on each serving bowl. Or place in spice shaker and sprinkle over top.
7. Cover with parchment paper and hold at 41°F or lower for cold service. Place individual servings on full-size steam/hotel pans for service with ice underneath to maintain temperature.

MARKETING GUIDE

Food as Purchased	50 Servings	100 Servings
Pineapple chunks or tidbits in unsweetened juice	7 No. 2 cans or 1 No. 10 can and 1 No. 2 can	14 No. 2 cans or 2 No. 10 cans and 1 No. 2 can
Cottage Cheese, low-fat, low-sodium	2 gallons or 13 pounds	4 gallons or 25 pounds

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when ingredient variations are available.

CCP: Hold cottage cheese item for cold service at 41°F or lower.

Flavor profile: Mexican-inspired, Vegetarian.

Equipment: Large mixing bowl, small mixing bowl, measuring cups, spoons, No. 8 and No. 16 scoops, colander or sieve and full-size table/hotel pans.

Options: Can substitute other spices such as chili powder, cinnamon or ginger. Also can use other fruits such as peaches, mangoes, papayas or strawberries. Can substitute fresh orange juice for pineapple juice.

YIELD/VOLUME

50 Servings	100 Servings
50 $\frac{3}{4}$ cup servings	100 $\frac{3}{4}$ cup servings