

SALADS, SALAD DRESSINGS, AND RELISHES No.M 018 00
GARDEN COTTAGE CHEESE SALAD

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 56 cal | 3 g | 6 g | 2 g | 7 mg | 191 mg | 46 mg |

Ingredient

CUCUMBER,FRESH,CHOPPED
 RADISH,FRESH,CHOPPED
 ONIONS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CHEESE,COTTAGE
 LETTUCE,LEAF,FRESH,HEAD

Weight

4 lbs
 1 lbs
 8 oz
 1-1/2 lbs
 1 lbs
 9-7/8 lbs
 4 lbs

Measure

3 qts 3-1/4 cup
 3-7/8 cup
 2-1/4 cup
 1 qts 1-5/8 cup
 3 cup
 1 gal 1 qts

Issue

4-3/4 lbs
 1-1/8 lbs
 8-7/8 oz
 2 lbs
 1-1/4 lbs
 6-1/4 lbs

Method

- 1 Combine vegetables; toss lightly.
- 2 Combine cottage cheese with vegetables; mix well.
- 3 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.