

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 02**  
**COTTAGE CHEESE AND PEAR SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
107 cal	14 g	8 g	3 g	8 mg	233 mg	54 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 PEARS,CANNED,HALVES,DRAINED  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

4 lbs  
 19-7/8 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

2 gal 1-1/8 qts  
 1 gal 2-1/4 qts  
 1 tbsp

**Issue**

6-1/4 lbs

**Method**

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain pear halves. Place 1 pear half on each lettuce leaf, hollow side up.
- 3 Place 1/4 cup cottage cheese in each pear hollow.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.