

SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 03
COTTAGE CHEESE AND PINEAPPLE SALAD

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
98 cal	12 g	8 g	3 g	8 mg	230 mg	56 mg

Ingredient

LETTUCE,LEAF,FRESH,HEAD
 PINEAPPLE,CANNED,SLICED,DRAINED
 CHEESE,COTTAGE
 PAPRIKA,GROUND

Weight

4 lbs
 13-1/2 lbs
 12-3/8 lbs
 1/4 oz

Measure

2 gal 1-1/2 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 pineapple slices. Place 1 slice pineapple on lettuce leaf.
- 3 Place 1/4 cup cottage cheese on each pineapple slice.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.