

SALADS, SALAD DRESSINGS, AND RELISHES No.M 014 00
COTTAGE CHEESE AND TOMATO SALAD

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
74 cal	5 g	8 g	3 g	8 mg	234 mg	49 mg

Ingredient

TOMATOES,FRESH
 LETTUCE,LEAF,FRESH,HEAD
 CHEESE,COTTAGE
 PAPRIKA,GROUND

Weight

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

Measure

1 gal 2-1/4 qts
 1 tbsp

Issue

12-3/4 lbs
 6-1/4 lbs

Method

- 1 Cut each tomato into 8 wedges; set aside for use in Step 4.
- 2 Place 1 lettuce leaf on each serving dish.
- 3 Place 1/4 cup cottage cheese in center of each lettuce leaf.
- 4 Arrange 3 tomato wedges around cottage cheese.
- 5 Sprinkle with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.