

Recipe for

COTTAGE CHEESE SPREAD

EQUIPMENT NEEDED cutting board, knife, small mixing bowl
mixing spoon

SERVES 2 ESTIMATED COST \$3.25 COST PER SERVING \$1.63

INGREDIENTS

- 1 cup cottage cheese
- 1/4 tsp salt
- ground pepper, to taste
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 tbsp lemon juice
- 2 tbsp fresh parsley, minced

METHOD OF PREPARATION

1. Combine all ingredients in bowl. Stir to mix well. Taste and adjust seasonings.
2. Use as a spread on toast with a fried egg, topping for a salad, or a dip for vegetables. Enjoy!
3. To make it smooth, blend all ingredients, except parsley, in a food processor. Then stir in parsley.

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NUTRITION INFORMATION

Cottage Cheese Spread		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	97.8 kcal	5 %
Total Fat	2.6 g	4 %
Saturated Fat	1.4 g	7 %
Trans Fat	0.1 g	
Cholesterol	13.6 mg	5 %
Sodium	643 mg	27 %
Total Carbohydrate	7 g	2 %
Dietary Fiber	0.2 g	1 %
Sugars	4.9 g	
Protein	12.1 g	24 %
Vitamin A	6 % • Vitamin C	16 %
Calcium	13 % • Iron	2 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Cottage Cheese - excellent source of protein to support muscle and bone health. Protein also keeps you feeling fuller longer.



HEALTH BENEFITS

Parsley- rich source of vitamin K which supports bone health and blood clotting. Adds great flavor and is low calories.



References:

1. Recipe provided by Reanetta Perkins