

## What Can You Do with...

# Cottage Cheese?

*Cottage cheese may be a popular item at the salad bar, but this simple cheese curd can be so much more than just a topping on your salad greens. Cottage cheese is a classic dairy food made by simply cooking fresh milk to produce a curd, which is then cut, cooked, drained and flavored. The result is a soft, curd cheese that plays a role in traditional cuisines around the world, from Mexico and India to Europe. The beauty of cottage cheese is that it offers a rich nutrient payback in a skimpy number of calories—one-half cup of low-fat cottage cheese packs in 14 grams of protein and 7% of your calcium needs in only 81 calories. It's also a favorite protein food source among vegetarians. Easy, economical and delicious—cottage cheese can be used in a multitude of ways to boost your day with powerful nutrition.*

*Here are some great and tasty ways to add it to your daily meals:*

1. Mix a dose of creamy nutrition into your morning breakfast by stirring cottage cheese into oatmeal or a vegetable frittata. Or, spread it over a toasted bagel, or simply eat it au naturel with a side of fruit.
2. Pair cottage cheese with fruit for a lovely lunch or snack—any time of the year. In the spring and summer, add fresh berries, melon, and nectarines. Switch to bananas and canned or frozen fruit—pineapple, peaches, pears—in the winter months.
3. Turn your salad from boring to fabulous with a scoop of cottage cheese mixed with chopped fresh herbs.
4. Feast on a dessert without the guilt: enjoy layers of cottage cheese, fruit, and granola.
5. Whip up a healthy, yummy dip with cottage cheese, fresh herbs, garlic, and pepper—it's great for whole grain chips and fresh veggies.
6. Use cottage cheese into comforting dishes such as potatoes au gratin, lasagna, and vegetable casseroles.
7. Fill a whole grain pita or wrap with cottage cheese and veggies (cucumbers, cherry tomatoes, greens) for an easy packable lunch.
8. Design a healthy snack that will power your performance with two key ingredients—protein and whole grains. Enjoy whole grain crackers or corn tortillas with cottage cheese.
9. Blend up your own signature smoothie with cottage cheese as your creamy protein base; simply add ingredients such as flax, berries, greens, bananas, peaches, and almonds to boost flavor and nutrition.

