

# Taste Test: Cottage Cheese



Have you heard the song lyrics “Little Miss Muffet, sat on a tuffet, eating her curds and whey ...?” What she was eating was cottage cheese! Cottage cheese first got its name in 1848 because it was made in cottages from any milk left over after making butter.<sup>1</sup> It takes 100 pounds of milk to make 15 pounds of cottage cheese!

## Food Fact

Cottage cheese is a good source of calcium and high in protein. These nutrients are an important part of a healthy diet.<sup>1</sup>

### How to Choose:

- Buy cottage cheese with reduced sodium and fat.
- Check the *best before* date.

### How to Prepare:

- Enjoy straight from the container plain as a snack or side dish.

### How to Store:

- Keep refrigerated at 2°C - 4°C in the original container, with lid tightly sealed.
- Store upside down, it will stay fresh longer.

### Note:

Canada's food guide recommendation:

- Choose plant-based protein foods more often because plant-based protein has more fibre and less saturated fat than other types of protein foods.

## I Tried It!

My Rating (circle one):



Would you like to try cottage cheese again?

YES     NO

## Ideas for Serving Cottage Cheese:

- Include in lasagna and other pasta sauces for a creamier texture.
- Mix with your favourite fruit: fresh, canned, or pureed.
- Beat the cottage cheese and use it as a substitute for cream cheese for reduced fat and extra protein.
- Use as a simple topping for pasta or baked potatoes.
- Sprinkle it with granola or nuts and a drizzle of honey for a quick snack.

## Cottage Cheese and Yogurt Parfait

Makes 4 servings

### Ingredients:

- 1 cup of fruit of choice, fresh or frozen (thawed)
- 1 Tbsp maple syrup
- 2 cups cottage cheese, unsalted
- 1 cup vanilla yogurt
- 1 cup granola



### Directions:

1. Toss fruit and maple syrup together. Set aside.
2. Mix together the cottage cheese and yogurt. Divide into four portions.
3. Top evenly with fruit mixture. Make sure to include all the juices that have collected at the bottom of the bowl.
4. Sprinkle with ¼ cup granola. Serve immediately or store in the fridge until ready.

Recipe adapted from

<https://simplebites.net/breakfast-on-the-go-recipe-cottage-cheese-yogurt-parfait/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

<sup>1</sup>Dietitians of Canada. Food Sources of Calcium. <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Osteoporosis/Food-Sources-of-Calcium.aspx> Accessed August 3, 2012.