

# Cottage Cheese

## The Best Kept Secret

### Classic gets hip with today's recipes



**FAMILY FEATURES**

**Classics never go out of style** — whether presented simply or dressed up with trendy new touches, cottage cheese has been a favorite for generations, but innovative serving ideas give new appeal to this trusty favorite.

Cool and refreshing cottage cheese is an easy “right now” quick meal or snack for on-the-go people. It’s naturally high in protein, low in fat and carbohydrates and is a favorite among active, nutrition-conscious adults, providing women with the calcium they need. And, parents can feel good about it as an easy, healthy snack for kids. The creamy satisfying flavor of cottage cheese is great paired with carrot sticks or apple wedges, or mixed with applesauce and a shake of cinnamon.

The introduction of cottage cheese from Daisy Brand, the nation’s best selling sour cream brand, is an exciting new addition to the dairy case. Fresh and wholesome, this new cottage cheese contains only 100% natural ingredients with no preservatives or additives.

**Versatile cottage cheese is perfect for a quick snack, healthy meal or satisfying dessert:**

- Break into breakfast: Serve cottage cheese alongside fresh fruit, mixed with yogurt or topped with cereal. Its creamy consistency is perfect stirred into eggs, pancakes, omelets or quiche.
- Satisfy snack attacks: Enjoy cottage cheese with fresh fruit, raw veggies or crackers.
- Mute the munchies with a thin spread of peanut butter on crackers topped with creamy cottage cheese.
- Savor smart lunch choices: Combine cottage cheese with fresh vegetables or fruit for a healthful, satisfying lunch.
- Make mid-day hearty and delicious by mixing cottage cheese into flaked tuna.
- Feature family-pleasing dinners: Count on cottage cheese to round out a salad or as a side dish, or use as a central ingredient in quiches or pasta dishes such as lasagna and ravioli.
- Dig into sweet endings: Scene-stealing desserts with cottage cheese include cheesecake, blintzes, turnovers and more.



Delight your palate with a cool, satisfying classic. Discover surprising, innovative ways to enjoy fresh and delicious cottage cheese by visiting [www.daisybrand.com](http://www.daisybrand.com). Recipe ideas for quick snacks, simple meals and flavorful entertaining will help you put this all-natural, low-carb source of protein and calcium on your table for healthy family menus.

**Cinnamon-Peach Cottage Cheese Swirl**

Serves 2

- 1 cup Daisy Brand Cottage Cheese
  - 1/4 teaspoon ground cinnamon
  - 1/4 teaspoon vanilla extract
  - 1 large fresh peach, unpeeled, sliced into wedges or cubed
  - Ground cinnamon to sprinkle
  - 2 sprigs fresh mint
1. Gently stir together cottage cheese, cinnamon and vanilla.
  2. Place one quarter of peach pieces into each of two dessert glasses.
  3. Top peach layer with half of cottage cheese mixture.
  4. Garnish with remaining peach pieces, a sprinkle of cinnamon and a sprig of fresh mint.

**Pita Pesto Pizza Snackers**

Serves 2

- 2 pieces pita bread
  - 2 tablespoons basil pesto
  - 1 cup Daisy Brand Cottage Cheese
  - 1 1/2 teaspoons garlic bread seasoning (or garlic powder)
  - 2 tablespoons chopped Roma tomatoes
  - Chopped fresh basil, to taste
  - 2 teaspoons grated Parmesan cheese (optional)
1. Toast pita bread until crispy and firm, about 1 minute in a toaster oven.
  2. Spread pesto on each pita bread, lightly covering entire surface.
  3. Combine cottage cheese with garlic bread seasoning and spread evenly over each pita.
  4. Top with chopped tomato and fresh basil.
  5. If desired, sprinkle each pita with Parmesan.
  6. Slice each pita into 4 wedges and serve immediately.

**Apple-Cinnamon Pancake Stackers**

Serves 2

- 1 medium apple, Fuji or Gala, peeled, cored and cubed
  - 1 teaspoon ground cinnamon
  - 2 teaspoons Splenda® or other low caloric sweetener
  - 1 teaspoon vegetable oil
  - 2 teaspoons lite maple syrup
  - 1 cup Daisy Brand Cottage Cheese
  - 6 3 1/2-inch whole wheat pancakes, frozen
  - 2 fresh mint sprigs
1. Combine apple, cinnamon and sweetener. In small pan, heat oil and sauté apple mixture over medium heat 2 minutes. Add maple syrup and cook additional minute.
  2. Fold mixture into cottage cheese, being careful not to over mix.
  3. Heat pancakes per package instructions.
  4. To serve, place 1 hot pancake on plate and layer cottage cheese mixture between pancakes evenly, 3 pancakes per serving. Top with cottage cheese mixture, a drizzle of maple syrup and a fresh mint sprig.

