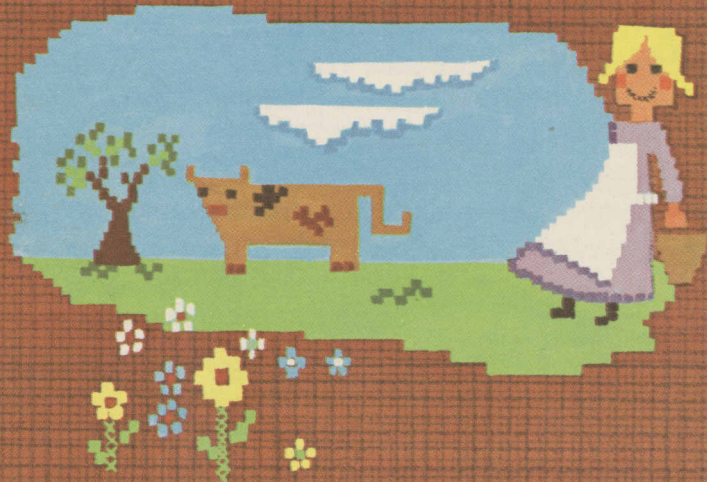
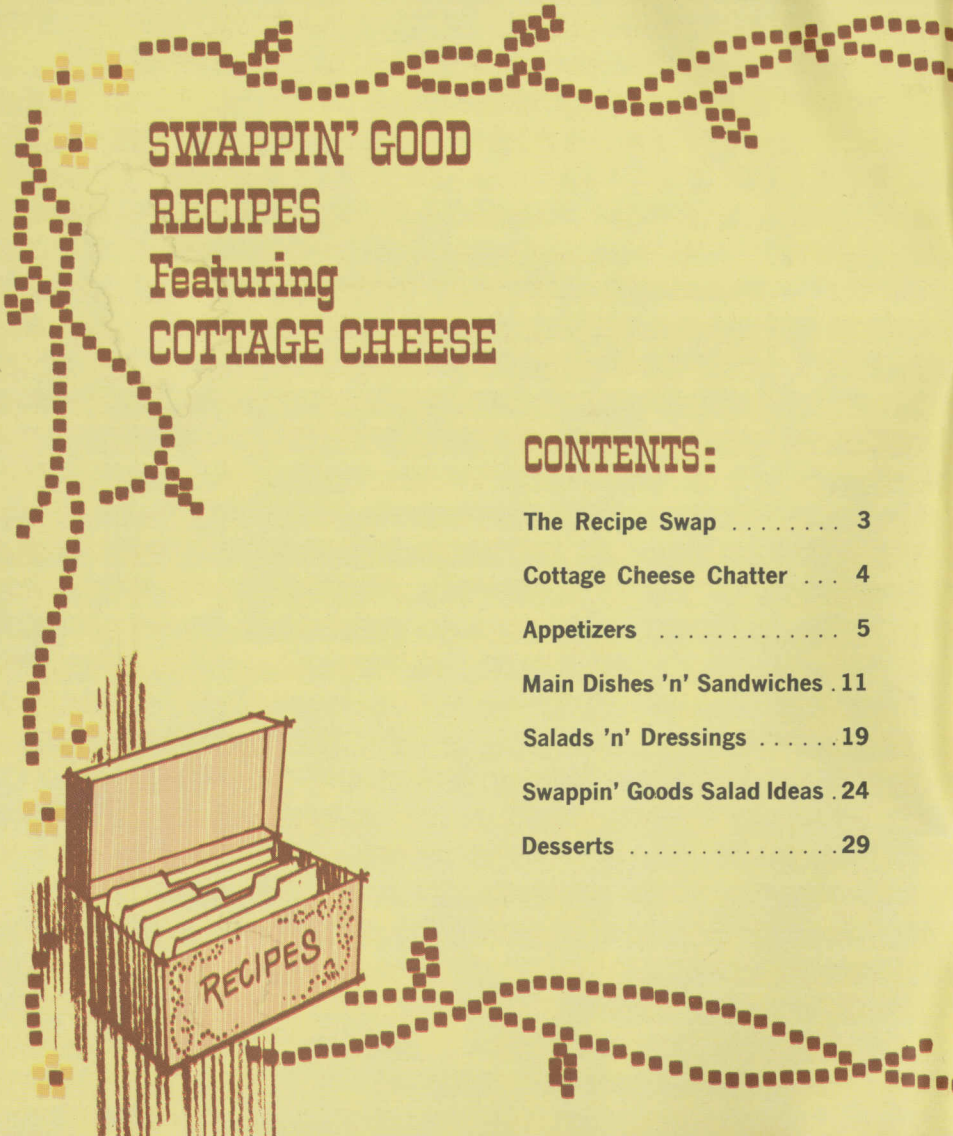


SWAPPIN' GOOD RECIPES
FEATURING
COTTAGE CHEESE



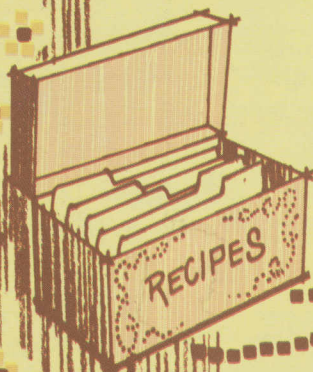
Fittin' for clippin'



SWAPPIN' GOOD RECIPES Featuring COTTAGE CHEESE

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THE RECIPE SWAP

Seems women never gather
But what talk doesn't hop
To breads and cakes and other food
And favorite recipes to swap.

Recipes are memories
Of good friend's cakes and strudels
Mother's Bread and Grandma's Soup
Good old-fashioned Chicken Noodle.

Here's a whole new recipe book
Of our favorite cottage cheese collection
Fittin' for clippin' in file card size
Tested till they work to perfection.

Won't you try these new ideas
And clip your favorite ones to keep
Then swap a few with special friends
And compliments you'll reap.

When it's time to leave this earth
For kitchens yet unknown
Our recipes will still be swapped
By generations not yet grown.



Home Economics Department

american dairy association

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COTTAGE CHEESE

Cottage cheese has been savored and favored for centuries. In pioneer days it was made by the housewife (hence the name “cottage” cheese) to utilize the milk remaining after the cream had been skimmed from it for butter-making.

Today cottage cheese is made in sparkling modern processing plants, by scientifically controlled methods. Cottage cheese might be called the solid form of milk, because it is the curd or coagulated protein of fresh pasteurized skimmed milk, cooked in its own whey, drained and washed.

Contributing necessary nutrients with few calories, creamed cottage cheese is not only rich in protein but also provides important minerals and vitamins in significant amounts. It's economical, too, providing these essential food elements with no waste.

Pleasingly mild in flavor, cottage cheese is a delectable food in its own right and “goes well” with many foods, such as fruits and vegetables in salads. In cooking and baking it contributes to nutritional value as well as texture and flavor.

The cottage cheese curd is made in two sizes — small or country style and large. Both are available plain or creamed. Because creamed style cottage cheese is more popular with more people, we have used it in all recipes. Cottage cheese may be purchased in a wide range of container sizes to meet family needs.

Store cottage cheese as you would fresh milk — refrigerated and covered. It should be used within a few days after purchase. Because it tends to separate upon defrosting, creamed cottage cheese should not be frozen.

A product similar to cottage cheese can often be found in the market under the name of Baker's or Pot Cheese. It may be frozen in waxed cartons or freezer containers and will keep for about a month.

This cookbook contains 50 tested, easy-to-prepare recipes in which cottage cheese is an important ingredient. We hope you'll use them to add flavor touches to brighten your menus.

Versatile cottage cheese triples its uses — as a tasty dip, to taste-top a baked potato or salad. See Three Way Dip recipe on page 6.



Appetizers



Three Way Dip

Yield: 4 cups

- 2 cups cottage cheese
- 1 cup (4 oz.) crumbled
Blue cheese
- 2 tablespoons chopped
green onion
- $\frac{1}{4}$ teaspoon garlic salt
- 1 teaspoon Worcestershire
sauce
- 2 tablespoons lemon juice
- 1 cup dairy sour cream

In a small mixing bowl beat together cottage cheese and Blue cheese at highest speed of mixer until fairly smooth. Beat in onion, garlic salt, Worcestershire sauce and lemon juice. Gently fold in sour cream. Cover and chill. Serve with crackers or vegetable "dippers." Dip can also be used as a salad dressing or served on baked potatoes.

Note: This dip keeps well, covered, in the refrigerator for several days.

Anchovy Dip

Yield: $1\frac{1}{4}$ cups

- $1\frac{1}{2}$ cups cottage cheese
- 5 anchovy fillets, drained
- 2 teaspoons grated onion
- $\frac{1}{4}$ cup finely chopped
green pepper
- 1 tablespoon chopped
pimiento

In a small mixing bowl beat together cottage cheese, anchovies and onion at highest speed of mixer until fairly smooth. Stir in green pepper and pimiento. Cover and chill. Serve with potato chips, crackers or vegetable "dippers."

Deviled Cottage Dip

Yield: $1\frac{1}{4}$ cups

- 1 cup cottage cheese
- 1 can ($2\frac{1}{4}$ oz.) deviled
ham
- 2 tablespoons chopped
green onion

In a small mixing bowl beat together cottage cheese and deviled ham at highest speed of mixer until fairly smooth. Stir in onion. Cover and chill. Serve with potato chips, crackers or vegetable "dippers."

Cheddar Cottage Dip

Yield: 3 cups

- 2 cups cottage cheese
- 2 teaspoons grated onion
- 1 teaspoon celery salt
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- 2 cups (8 oz.) shredded Cheddar cheese

In a small mixing bowl beat together cottage cheese, onion, celery salt and Worcestershire sauce at highest speed of mixer until fairly smooth. Gradually add 1 cup cheese and continue beating at high speed until smooth. Fold in remaining 1 cup cheese. Serve immediately, or if refrigerated allow to come to room temperature before serving.

Guacamole Dip

Yield: approx. 2 cups

- 1 cup cottage cheese
- 2 teaspoons grated onion
- 1 teaspoon lemon juice
- 1 clove garlic, crushed
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 large ripe avocado
- 1 medium ripe tomato

In a small mixing bowl beat together cottage cheese, onion, lemon juice, garlic, salt and pepper at highest speed of mixer until fairly smooth. Meanwhile, peel and remove pit from avocado; sieve or mash with a fork. Remove skin from tomato; mince. Fold avocado and tomato into cottage cheese mixture. Cover and chill. Serve with crackers, corn and potato chips.

Note: Serve the same day as made.

Fruit Curry Dip

Yield: approx. 3 cups

- 2 cups cottage cheese
- 1 teaspoon curry powder
- $\frac{1}{2}$ teaspoon garlic salt
- 1 can (8 $\frac{3}{4}$ oz.) crushed pineapple, well drained
- $\frac{2}{3}$ cup chopped unpeeled red apple

In a small mixing bowl beat together cottage cheese, curry powder and garlic salt at highest speed of mixer until fairly smooth. Stir in pineapple and apple. Cover and chill. If desired, garnish with apple slices. Serve with corn chips, shredded wheat wafers, apple slices or celery sticks.

Chili Cheese Ball

- 1 cup cottage cheese
- 1 package (3 oz.) cream cheese
- 2 medium cloves garlic, crushed
- 2 teaspoons chili powder
- 2 teaspoons Worcestershire sauce
- $\frac{1}{2}$ teaspoon Tabasco sauce
- $\frac{1}{4}$ teaspoon salt
- 2 cups (8 oz.) shredded Cheddar cheese, at room temperature
- 1 cup coarsely chopped pecans

In a small mixing bowl beat together cottage cheese, cream cheese, garlic, chili powder, Worcestershire and Tabasco sauces and salt at highest speed of mixer until fairly smooth. Gradually beat in Cheddar cheese until smooth. (Yield: 3 cups) Mound mixture onto waxed paper; wrap and chill at least 1 hour for ease in handling. Shape mixture into a ball and roll in pecans. Serve with crackers, on rye bread rounds or with apple slices.

Egg Salad Spread

Yield: 1¼ cups

- 3 hard-cooked eggs,
finely chopped
- ½ cup cottage cheese
- 1 tablespoon dairy sour cream
- 2 teaspoons prepared mustard
- 1½ teaspoons chopped chives
- ¼ teaspoon salt
- ⅛ teaspoon Worcestershire
sauce
- ⅛ teaspoon dill weed

In small bowl combine eggs, cottage cheese, sour cream, mustard, chives, salt, Worcestershire sauce and dill weed. Cover and chill to blend flavors. Serve on rye bread or crisp crackers.

Coconut Balls

Preheated 350° oven

Shallow baking pan

Yield: 4 dozen

- 1 cup cottage cheese,
sieved
- 1 package (8 oz.) cream
cheese
- ½ cup finely chopped nuts
- 2 teaspoons sugar
- 1 teaspoon ground ginger
- 1 can (3½ oz.) flaked
coconut

In a small mixing bowl beat together cottage cheese and cream cheese until smooth. Beat in nuts. Onto waxed paper measure a heaping teaspoon for each ball; chill thoroughly (at least 1½-2 hours for ease in handling). Meanwhile, combine sugar and ginger; toss lightly with coconut; spread on baking pan. Toast about 10-15 minutes or until golden brown. Stir occasionally. Shape cheese mixture into balls; roll in coconut; refrigerate until serving time. If desired, stick colored wooden picks into each ball to serve.

Tangy Cheese Spread

Yield: approx. 2 cups

- 1 cup cottage cheese
- 1 cup (4 oz.) shredded Cheddar cheese
- ½ cup crumbled Blue cheese
- 2 tablespoons finely chopped green onions
- 1 tablespoon prepared horseradish
- 1 teaspoon prepared mustard

In a small mixing bowl beat together cottage, Cheddar and Blue cheeses at highest speed of mixer until fairly smooth. Beat in onions, horseradish and mustard. Cover and chill to blend flavors; allow to come to room temperature before serving. Serve with apple slices or crackers.

Appetizer Ham Balls

Buttered baking sheets

Preheated 350° oven

Yield: 5 dozen

- 1 cup cottage cheese, well drained
- 4 cups ground cooked ham (about 1¾ lbs.)
- 1 cup ground dill pickles (about 6 medium)
- ½ cup fine dry bread crumbs
- 1 tablespoon prepared mustard
- ¼ teaspoon ground cloves

In a large bowl mash cottage cheese with a fork. Add ham, pickles, bread crumbs, mustard and cloves; mix lightly. Shape mixture into balls about 1-inch in diameter. Place on baking sheet; bake 15-20 minutes or until warmed through. Serve immediately with mustard or a mustard sauce.

Not only is cottage cheese compatible with all foods, but it stretches meals and packs them with protein to fit large families. A tasty example is Beef Noodle Casserole on page 12.



Main Dishes'n' Sandwiches



Beef-Noodle Casserole

Casserole, 2-quart

Preheated 325° oven
6-8 servings

- 1 package (8 oz.) medium noodles
- 2 tablespoons butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup sliced green onions
- $\frac{1}{3}$ cup chopped green pepper
- 1 pound ground chuck
- 1 can (6 oz.) tomato paste
- $\frac{1}{2}$ cup dairy sour cream
- $\frac{1}{4}$ teaspoon sugar
- $\frac{1}{4}$ teaspoon salt
- 1 cup cottage cheese
- 1 can (8 oz.) tomato sauce

Cook noodles according to package directions; drain. Meanwhile, in a large skillet melt butter; stir in salt. Sauté onions and green pepper until tender. Add meat and brown slowly; set aside. In a large bowl stir together tomato paste, sour cream, sugar and salt; add noodles and cottage cheese and toss. Layer one-half the noodles into casserole, then one-half the meat mixture. Add remaining noodle mixture and top with remaining meat mixture. Pour tomato sauce over all. Bake 30-35 minutes or until heated through.

Frank-A-Roni Dinner

Casserole, 2-quart

Preheated 350° oven
6-8 servings

- 1 package (7 oz.) elbow macaroni
- 2 tablespoons butter
- $\frac{1}{4}$ cup chopped green pepper
- 2 tablespoons finely chopped onion
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon garlic powder
- 1 pound frankfurters
- 1 cup cottage cheese
- 1 cup dairy sour cream
- 2 tablespoons chopped pimiento
- 1 cup (4 oz.) shredded Cheddar cheese

Cook macaroni according to package directions; drain. In a small skillet melt butter; sauté green pepper and onion until tender. Stir in salt and garlic powder. Reserve 1 frankfurter for garnish; cut remaining into $\frac{1}{2}$ -inch pieces. In a large bowl combine macaroni, onion mixture, frankfurters, cottage cheese, sour cream and pimiento, tossing lightly until well mixed. Turn into casserole. Cut reserved frankfurter crosswise into thin slices; arrange in circle on top of casserole. Sprinkle Cheddar cheese inside ring of frankfurter slices. Bake 30 minutes.

Cottage Meat Loaf

Baking pan

Preheated 350° oven
4-6 servings

- 1 egg, slightly beaten
- 1½ teaspoons Worcestershire sauce
- 1 teaspoon salt
- ¾ teaspoon dry mustard
- ⅛ teaspoon pepper
- 1¼ pounds ground chuck
- 1 cup cottage cheese
- ½ cup minced onion
- ¼ cup minced green pepper

In a large bowl combine egg, Worcestershire sauce, salt, mustard and pepper. Add meat, cottage cheese, onion and green pepper; mix lightly but thoroughly. Shape into a loaf in baking pan. Bake 50-60 minutes. Let stand a few minutes before removing from pan to serve.

Cottage-Tuna Patties

Preheated griddle
6 servings

- 2 cups cottage cheese, drained and sieved
- 1 can (6½ oz.) tuna, drained
- 2 eggs, slightly beaten
- 1 cup fine dry bread crumbs
- ⅓ cup minced green onion
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 1 egg, slightly beaten
- 1 tablespoon water
- Butter

* SPANISH SAUCE:

- 2 tablespoons butter
- ¼ cup chopped green pepper
- 1 jar (2½ oz.) sliced mushrooms, drained
- 2 teaspoons flour
- 1 can (8 oz.) tomato sauce

Combine cottage cheese, tuna, 2 eggs, ⅔ cup bread crumbs, onion, parsley and salt. Shape into 12 patties. Mix 1 egg with water. Dip patties in egg mixture then in ⅓ cup bread crumbs; allow to stand on waxed paper 15 minutes. Fry patties in butter until golden brown on both sides. Serve 2 per serving with Spanish Sauce*.

To make Sauce: In saucepan melt butter; sauté green pepper until tender; add mushrooms. Blend in flour. Remove from heat; stir in tomato sauce. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes.

Cottage Burgers

Broiler pan

4 servings

- 1/2 cup cottage cheese
- 1 egg, beaten
- 1 teaspoon Worcestershire sauce
- 3/4 teaspoon dry mustard
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound lean ground beef
- 4 sandwich buns, split
- Butter

In a bowl mash cottage cheese with a fork; blend in egg, Worcestershire sauce, mustard, salt and pepper. Add meat and mix thoroughly. Shape mixture into 4 patties; broil on both sides to desired degree of doneness. Brush cut sides of buns with butter and toast under broiler 1-2 minutes. Serve burgers on toasted buns.

Confetti Scramble

Large skillet

4 servings

- 1 jar (2 1/2 oz.) sliced mushrooms
- 2 tablespoons butter
- 1/4 cup chopped green pepper
- 6 eggs
- 2 tablespoons mushroom liquid
- Dash of salt
- Dash of pepper
- 2 teaspoons chopped pimiento
- 3/4 cup cottage cheese, drained

Drain mushrooms, reserving liquid. In skillet melt butter; sauté green pepper until tender. Meanwhile, in a bowl beat together eggs, mushroom liquid, salt and pepper; add mushrooms and pimiento. Pour egg mixture into skillet. Cook on low heat, turning portions of egg mixture with spatula as it begins to thicken; do not stir and do not overcook. Add cottage cheese and heat just to serving temperature.

Tuna Chow Mein

Large skillet

4-5 servings

- 2 tablespoons butter
- ½ cup chopped onion
- 1 can (4 oz.) sliced mushrooms
- 1 cup cottage cheese
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- ½ cup celery, cut diagonally in ½-inch lengths
- ½ cup chopped green pepper
- 1 can (6½ oz.) tuna, drained
- 2 cups cooked rice
- 1 can (3 oz.) chow mein noodles
- Green pepper rings

In skillet melt butter; sauté onion until tender. Drain mushrooms and cottage cheese separately. Measure liquid from cottage cheese; add enough mushroom liquid to make ½ cup; add soy sauce. Blend liquid into cornstarch until smooth; add to skillet along with celery, green pepper, tuna and mushrooms. Cook over medium heat, stirring constantly, until thickened. Cook two additional minutes. Blend in cottage cheese; heat just to serving temperature. Serve on rice with chow mein noodles; garnish with pepper rings.

Cottage Cheese Blintzes

Heavy skillet, 8-inch

Yield: approx. 20

- ¾ cup regular all-purpose flour
- ½ teaspoon salt
- 3 eggs, well beaten
- 1½ cups milk
- Butter, melted

COTTAGE-LEMON FILLING:

- 2 cups cottage cheese, well drained
- 1 egg, slightly beaten
- ¼ cup dairy sour cream
- ¼ cup sugar
- 2 tablespoons butter, softened
- 2 teaspoons grated lemon rind
- ½ teaspoon vanilla
- Butter

Blintzes: Mix flour and salt; add to eggs alternately with milk, mixing well. Pre-heat skillet; brush with butter. Pour about 3 tablespoons batter into skillet; rotate to spread batter uniformly. Cook over medium heat on one side only until top is dry and blistered. Turn out onto cloth cooked side up. Filling: Combine cottage cheese and egg; fold in sour cream, sugar, butter, lemon rind and vanilla. Fill blintzes on cooked side with about 2 tablespoons filling. Roll jelly-roll fashion. In large skillet, melt butter; place blintzes folded side down. Fry on both sides until golden brown.

Cottage Curried Shrimp

Saucepan, 3-quart

6 servings

- 3 tablespoons butter
- 1 tablespoon curry powder
- 1/4 cup finely chopped peeled apple
- 2 tablespoons finely chopped onion
- 2 1/2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon savory
- Dash of cayenne pepper
- 1 cup milk
- 2 cups cottage cheese
- 1 package (10 oz.) frozen peas, cooked and drained
- 1 package (1 lb.) frozen shelled deveined shrimp, cooked
- Chow mein noodles

In saucepan melt butter; stir in curry powder. Sauté apple and onion until tender. Blend in flour, salt, savory and cayenne pepper. Remove from heat; gradually add milk and cottage cheese. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Stir in peas and shrimp; heat just to serving temperature. Serve over noodles.

Two-Step Italian Macaroni

Buttered baking dish,
1 1/2-quart

Preheated 350° oven
6 servings

- 1/4 cup (1/2 stick) butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 clove garlic, crushed
- 3 1/2 cups water
- 1 can (6 oz.) tomato paste
- 1/2 pound large macaroni
- 2 teaspoons salt
- 1 teaspoon sugar
- 1/4 teaspoon savory, OR marjoram
- 1/2 cup chopped parsley
- 2 cups cottage cheese
- 1/2 cup grated Parmesan cheese

In a large skillet melt butter; sauté onion, celery and garlic until tender. Stir in water, tomato paste, macaroni, salt, sugar and savory; cover and simmer, stirring occasionally, about 25 minutes or until macaroni is tender. Stir in parsley. Turn half the mixture into baking dish, top with 1 cup cottage cheese and sprinkle 1/4 cup Parmesan cheese over top. Repeat layers ending with 1/4 cup Parmesan cheese. Bake about 15 minutes or until bubbly.



Filled Rolls

(see page 18)

Open Face Cottage-Crab Sandwich

Shrimp Hawaiian

Yield: 2 cups

- 1 cup cottage cheese, drained
- 1 package (7 oz.) frozen
shelled deveined shrimp,
cooked and chopped
- 1 can (8¾ oz.) crushed
pineapple, well drained
- ¼ cup chopped celery
- 2 teaspoons lemon juice
- ½ teaspoon salt

In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth. Stir in shrimp, pineapple, celery, lemon juice and salt. Cover and chill. Use as a sandwich filling on white bread or for open face sandwiches.

Ham and Cottage Cheese Filled Rolls

Baking sheet

Preheated 375° oven
6 servings

- 1 hard-cooked egg
- 1 cup cottage cheese, drained
- 1 cup ground cooked ham
- $\frac{1}{2}$ cup shredded Cheddar cheese
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{4}$ cup catsup
- 2 tablespoons chopped green pepper
- 6 Brown 'n Serve club rolls
- 2 tablespoons butter, melted
- 6 green pepper strips

Separate egg white and yolk. Sieve yolk and set aside; chop white. In a bowl combine cottage cheese, ham, Cheddar cheese, onion, catsup, green pepper, and chopped egg white. Cut thin slice from top of each roll; scoop out center leaving a thin shell. Brush inside and top of roll with butter. Fill rolls with cottage cheese mixture, mounding on top. Place on baking sheet; bake about 15 minutes or until roll is golden brown. Sprinkle with egg yolk and garnish each with a green pepper strip. Serve immediately.

Open Face Cottage-Crab Sandwich

8 servings

- 1 cup cottage cheese
- 1 can (7½ oz.) crab meat, drained and flaked
- $\frac{1}{4}$ cup dairy sour cream
- $\frac{1}{3}$ cup chopped celery
- 2 hard-cooked eggs, chopped
- 1 tablespoon lemon juice
- $\frac{1}{2}$ teaspoon salt
- 4 large English muffins, split
- Butter
- 8 large slices tomato
- Sliced pimiento-stuffed olives
- Parsley

In a bowl combine cottage cheese, crab meat, sour cream, celery, eggs, lemon juice and salt; cover and chill. Butter muffins and toast under broiler until golden brown. Top each muffin with a slice of tomato, then about $\frac{1}{3}$ cup crab meat mixture. Garnish each sandwich with olive slices and parsley. Serve immediately.

Naturally an Islander Treat Salad would be part of the food romance of lobster tails and butter. Page 20 points the way to exciting eating.



Salads 'n' Dressings



Islander Treat Salad

4 servings

- 8 lobster tails, cooked
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup firmly packed light brown sugar
- 1 fresh pineapple
- $\frac{1}{2}$ cup dairy sour cream
- $\frac{1}{3}$ cups ($\frac{1}{2}$ lb.) green grapes, halved and seeded
- 1 cup cottage cheese
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ teaspoon salt
- Lettuce
- Green grapes

Remove meat from tails; break into bite-sized pieces; set aside. Cover and chill tails. Melt butter; add lemon juice and brown sugar; heat to boiling. Remove from heat; add lobster pieces; chill. Peel, core and cut pineapple into spears. Gently fold sour cream into lobster mixture; blend in grapes, cottage cheese, celery and salt. To serve: Carefully crack backs of lobster tails to flatten. Place 2 tails together on lettuce on plate; mound about $1\frac{1}{4}$ cups mixture into and on top of tails. Serve with pineapple spears and additional grapes.

California Salad Bowl

6 servings

- 2 cups torn head lettuce
- 1 cup torn romaine
- $\frac{1}{2}$ cup thinly sliced celery
- $\frac{1}{4}$ cup sliced green onions
- 1 can (5 oz.) lobster, drained
- $\frac{3}{4}$ cup halved cherry tomatoes
- 1 grapefruit, sectioned
- 1 avocado, sliced
- 5 pitted ripe olives, sliced
- $\frac{1}{4}$ cup fresh lemon juice

CREAM DRESSING:

- $1\frac{1}{2}$ cups cottage cheese
- $\frac{1}{3}$ cup dairy sour cream
- 1 teaspoon grated lemon rind
- Salt and pepper

In a large salad bowl toss together lettuce, romaine, celery and onions. In separate groups arrange lobster, tomatoes, grapefruit sections, avocado and olive slices on top of greens. Sprinkle lemon juice over all. Cover and chill. Meanwhile, prepare Cream Dressing: In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth. Beat in sour cream and lemon rind. Add salt and pepper to taste. Yield: $1\frac{3}{4}$ cups dressing.

Frozen Fruit Cheese Salad

2 Refrigerator trays

16 squares

- 2 cups cottage cheese
- 1 cup dairy sour cream
- 1 can (13½ oz.) pineapple tidbits, well drained
- 1 cup chopped orange sections
- 1 cup chopped cooked prunes
- 1 large banana, sliced
- ½ cup sliced maraschino cherries
- ½ cup toasted salted sliced blanched almonds
- 3 tablespoons confectioners sugar

CREAMY PINK DRESSING:

- 2 tablespoons maraschino cherry juice
- 1 cup dairy sour cream

Sieve cottage cheese; lightly blend with sour cream, pineapple, orange, prunes, banana, cherries, almonds and sugar. Divide into refrigerator trays. Freeze until firm. Allow to stand at room temperature at least 1 hour before serving. Cut and serve on salad greens with Creamy Pink Dressing. Garnish with stemmed cherries and orange sections, if desired. To make Dressing: Gently blend cherry juice into sour cream; cover and chill. Yield: 1 cup dressing.

Cottage Cheese Potato Salad

Ring mold, 4½-cup

6-8 servings

- ¼ cup dairy sour cream
- 2 tablespoons Italian-style dressing
- 2 cups peeled diced cooked potatoes
- 2 hard-cooked eggs, chopped
- 2 cups cottage cheese
- ½ cup sliced celery
- ⅓ cup chopped ripe olives
- ⅓ cup sliced radishes
- ⅓ cup chopped green onions
- ½ teaspoon salt
- Salad greens

In a large bowl blend together sour cream and dressing; add potatoes and eggs and allow to marinate while preparing rest of ingredients. Add cottage cheese, celery, olives, radishes, onions and salt to potatoes; mix well. Pack into mold. Refrigerate several hours. When ready to serve, unmold onto greens and fill center with vegetable stick relishes, if desired.

Cran-Apple Cream Salad

Ring mold, 4½-cup

6-8 servings

- 1 package (3 oz.) cherry flavor gelatin
- 1 cup boiling water
- ½ cup orange juice
- 1 package (8 oz.) cream cheese
- 1 can (8 oz.) whole jellied cranberry sauce
- ½ teaspoon orange rind
- ¼ teaspoon salt
- 2 cups chopped unpeeled red apples
- 1 cup cottage cheese
- 1 cup chopped unpeeled red apple

In a bowl pour boiling water over gelatin; stir until dissolved. Stir in orange juice. Meanwhile, in a small mixing bowl beat cream cheese until soft and creamy. Very gradually beat in cranberry sauce until smooth. Beat in orange rind and salt. Gradually beat in gelatin mixture. Chill until jelly-like in consistency. Fold in 2 cups apples. Turn into mold. Chill until firm. Turn out onto lettuce-lined plate. Combine cottage cheese and 1 cup apple. Spoon into center of mold.

Cottage Cheese Asparagus Mousse

Salad mold, 4-cup

6-8 servings

- 1 tablespoon (1 envelope) unflavored gelatin
- ¼ cup water
- 1 can (14½ oz.) cut green asparagus spears
- 1½ cups cottage cheese, sieved
- 2 tablespoons lemon juice
- ½ teaspoon prepared mustard
- ½ teaspoon salt
- 1 cup chopped blanched almonds

Sprinkle gelatin over water to soften. Drain asparagus, reserving liquid; add enough water to make 1 cup. In a 1-quart saucepan, heat liquid to boiling; stir in softened gelatin until dissolved; cool slightly. In a bowl combine cottage cheese, lemon juice, mustard, salt, almonds and asparagus; add gelatin mixture. Turn into mold. Chill until firm. Unmold onto salad greens.

Seabreeze Melon Boat Salad

4 servings

- 1 pound cooked shrimp, crab meat and/or lobster
- Oil and vinegar dressing
- Dill weed
- 2 cups cottage cheese
- $\frac{1}{2}$ teaspoon seasoned salt
- $\frac{1}{2}$ teaspoon grated lime rind
- 1 teaspoon lime juice
- 1 large honeydew melon, OR
2 medium cantaloupes
- 4 leaves romaine or leaf lettuce
- 4 lime wedges

Marinate seafood in dressing; sprinkle dill weed over top; chill several hours. Meanwhile, in a bowl blend together cottage cheese, seasoned salt, lime rind and juice; cover and chill. Cut honeydew melon in quarters, remove seeds and chill; or, cut cantaloupe in halves, in zig-zag fashion, remove seeds and chill. To serve: Divide cottage cheese mixture in fourths and spoon onto melon. Drain seafood from marinade and arrange on lettuce next to melon. Garnish with lime wedge.

Shrimp-Cheese Mold

Salad mold, 6-cup

6-8 servings

- 1 package (1 lb.) frozen
shelled deveined
shrimp, cooked
- 2 tablespoons (2 envelopes)
unflavored gelatin
- $\frac{3}{4}$ cup water
- 2 cups cottage cheese
- 1 cup dairy sour cream
- 1 cup chili sauce
- $\frac{1}{4}$ cup finely chopped celery
- Salad greens

Split 4 shrimp lengthwise and set aside for garnish; cut up remaining shrimp. In a 1-quart saucepan soften gelatin in water; heat over low heat, stirring constantly, until gelatin is dissolved; cool slightly. In a large bowl combine cottage cheese, sour cream, chili sauce, celery, cut-up shrimp and gelatin; blend thoroughly. Arrange split shrimp in design of mold; fill mold with cottage cheese mixture. Chill until firm. Unmold onto salad greens.

Swappin' Good SALAD IDEAS



Summer's Satisfying Salad



Seabreeze Melon Boat Salad (see page 23)



Shrimp-Cheese Mold (see page 23)



Pears, Peppers 'n Cottage Cheese



Buffet Salad Arrangement

Vegetable Chutney Salad

Cottage Stuffed Tomatoes
(see page 26)

Cottage Filled Tomato Rings



Kabob Salads with Vegetable or Fruit
Dressing (see page 27)



Imaginative Salads for the Kiddies

Cottage Filled Tomato Rings

6 Individual ring molds,
1/2-cup each

6 servings

- 1 tablespoon (1 envelope)
unflavored gelatin
- 2 cups tomato juice
- 1/2 teaspoon salt
- 1/4 teaspoon celery salt
- 1 bay leaf
- Dash of pepper
- Dash of ground cloves
- 1 cup cottage cheese
- 1/4 cup finely chopped
unpeeled cucumber
- 2 tablespoons chopped
green pepper
- 1 tablespoon chopped
pimiento
- 1 teaspoon grated onion
- 1/4 teaspoon salt

To prepare Tomato Rings: Soften gelatin in 1/2 cup tomato juice. In a 2-quart saucepan combine 1 1/2 cups tomato juice, salt, celery salt, bay leaf, pepper and cloves. Heat to boiling; simmer 5 minutes. Add softened gelatin and heat over medium heat, stirring constantly, until gelatin is dissolved. Remove bay leaf. Pour into molds. Chill until firm. To prepare filling: Combine cottage cheese, cucumber, green pepper, pimiento, onion and salt. Cover and chill. To serve: Unmold rings onto salad greens; fill centers with filling.

Cottage Stuffed Tomatoes

6 servings

- 6 medium tomatoes
- 2 cups cottage cheese
- 1/4 cup chopped pimiento-
stuffed olives
- 1/4 cup shredded carrot
- 1/4 cup chopped pecans
- 2 tablespoons chopped onion

Turn tomatoes stem end down; cut each in 6 sections, cutting only 2/3 of the way down. Gently spread sections apart; chill. In a bowl combine cottage cheese, olives, carrot, pecans and onion; toss lightly. Just before serving place tomatoes on salad greens and fill with cottage cheese mixture.

Vegetable-Chutney Salad

6 servings

- 1 can (1 lb.) cut green beans
- 1 cup thinly sliced celery
- 1/2 cup chopped green pepper
- 3-5 tablespoons finely chopped
chutney
- 2 cups cottage cheese

Drain green beans; toss with celery, green pepper and chutney; chill 2-3 hours. Before serving line a salad bowl with lettuce; mound bean mixture in center and surround with cottage cheese.

Creamy Garden Salad Dressing

Yield: 2 cups

- 1½ cups cottage cheese
- ½ cup prepared French dressing
- ¼ cup crumbled Blue cheese
- 1 tablespoon prepared horseradish

In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth. Slowly beat in French dressing, Blue cheese and horseradish. Cover and chill. Use as a dressing for tossed salads.

Creamy Fruit-Mint Dressing

Yield: 2 cups

- 1½ cups cottage cheese
- ¼ cup pineapple juice
- 2 tablespoons lemon juice
- ¾-1 envelope French salad dressing mix
- 2 teaspoons finely chopped mint

In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth. Slowly beat in pineapple and lemon juices, salad dressing mix and mint. Cover and chill. Use as a dressing for fruit salads.

Cottage Dill Dressing

Yield: 1¼ cups

- 1 cup cottage cheese
- 1 tablespoon lemon juice
- 1 teaspoon dill weed
- ½ teaspoon celery salt
- ½ teaspoon sugar
- ⅛ teaspoon grated lemon rind
- 2 tablespoons milk

In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth. Beat in lemon juice, dill weed, celery salt, sugar and lemon rind. Blend in milk. Cover and chill. Use as a dressing for tossed salads.

Spiced Orange Dressing

Yield: 1¼ cups

- 1 cup cottage cheese
- ½ teaspoon grated orange rind
- ¼ cup orange juice
- ½ teaspoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon cinnamon

In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth. Beat in orange rind, juice, sugar, salt and cinnamon. Cover and chill. Allow to stand at room temperature a few minutes before serving as a dressing for fruit salads.

Try cheese cake baked in a butter crust and laced with chocolate. It is elegant and easy, according to the Chocolate Cheese Pie recipe on page 30.



Desserts



Chocolate Cheese Pie

Pie plate, 9-inch

Preheated 400° oven

BUTTER CRUST:

- 1 cup regular all-purpose flour
- 2 tablespoons confectioners sugar
- $\frac{1}{2}$ cup (1 stick) butter

CHEESE FILLING:

- $1\frac{1}{2}$ cups cottage cheese
- 1 package (3 oz.) cream cheese
- 3 eggs
- $\frac{3}{4}$ cup sugar
- 2 squares (1-oz. each) semi-sweet chocolate, grated
- $\frac{3}{4}$ cup dairy sour cream
- Chocolate curls

Crust: Beat together flour, sugar and butter until smooth. Press evenly on bottom and sides of pie plate, building up edge; prick with fork. Bake 8-10 minutes. Reduce oven temperature to 325°. **Filling:** Beat together cottage and cream cheeses until fairly smooth. Add eggs, one at a time, beating well after each addition. Add sugar. Sprinkle one-half the chocolate on crust; pour in one-half cheese mixture. Repeat. Bake 60 minutes or until a knife inserted near center comes out clean. Place on wire rack; spread sour cream over top. Cool completely. Garnish with chocolate curls.

Cheese 'n' Apple Pie

Pie plate, 9-inch

Preheated 375° oven

- 1 unbaked pie shell, 9-inch
- 2 cups peeled thinly sliced cooking apples
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{3}$ cup water
- Milk
- $\frac{1}{2}$ cup light cream, OR half and half
- 3 eggs
- 1 cup cottage cheese, sieved
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon salt

Chill pie shell. In a large covered skillet place apples; sprinkle with nutmeg and cinnamon. Add water; cover and simmer 8-10 minutes, stirring occasionally, until apples are tender. Drain, reserving liquid; add sufficient milk to make $\frac{3}{4}$ cup. Scald milk mixture and cream. Meanwhile, in a bowl beat eggs slightly; stir in cottage cheese, sugar, vanilla and salt; gradually add scalded milk. Spread apples in pie shell. Pour cottage cheese mixture over apples. Bake 45-50 minutes or until a knife inserted near center comes out clean. Cool on rack.

Frosty Pineapple-Orange Pie

Pie plate, 9-inch

- 1 baked pie shell, 9-inch
- 1 1/2 cups cottage cheese
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon grated orange rind
- 1/2 teaspoon salt
- 1 can (8 3/4 oz.) crushed pineapple, undrained
- 1 cup whipping cream
- Sweetened whipped cream
- Orange sections

In a small mixing bowl beat cottage cheese at highest speed of mixer until fairly smooth; beat in sugar, vanilla, orange rind and salt. Fold in pineapple. Whip cream until stiff; fold into cottage cheese mixture. Turn into pie shell; freeze until firm. Remove from freezer to refrigerator 4-6 hours before serving. Garnish with sweetened whipped cream and orange sections.

Lemon Wafers

Buttered baking sheets

Preheated 375° oven
Yield: 5 dozen

TOPPING:

- 2 teaspoons grated lemon rind
- 1/4 cup sugar

COOKIE DOUGH:

- 1/2 cup (1 stick) butter
- 1 cup sugar
- 1/2 cup cottage cheese, sieved
- 1 egg
- 2 teaspoons grated lemon rind
- 1 teaspoon vanilla
- 2 cups sifted regular all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup lemon juice

Topping: Combine lemon rind and sugar; set aside. Cookie Dough: In a large mixing bowl cream butter; gradually add sugar and beat until light and fluffy. Beat in cottage cheese, egg, lemon rind and vanilla. Sift together flour, baking powder and salt. Add to creamed mixture alternately with lemon juice. Drop by rounded teaspoons onto baking sheet and sprinkle each cookie with Topping. Bake 10-12 minutes or until lightly browned. Remove immediately to wire rack to cool.

Cherry Glazed Custard Pie

Pie plate, 10-inch

- 1 baked crumb crust, 10-inch
- 1 can (1 lb.) red tart pitted cherries in water pack
- 6 tablespoons sugar
- 1 tablespoon cornstarch
- 2 egg yolks, well beaten
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup milk
- 1 cup cottage cheese, sieved
- 2 tablespoons lime juice
- $\frac{1}{4}$ teaspoon vanilla
- 2 egg whites
- 1 cup whipping cream, whipped
- 2 tablespoons sugar
- 2 teaspoons cornstarch
- $\frac{1}{2}$ cup cherry liquid
- 1 tablespoon lime juice
- Red food coloring (optional)

Drain cherries; reserve liquid, add water to make 1 cup. Cook sugar, cornstarch and $\frac{1}{2}$ cup liquid, stirring constantly, until thickened. Add cherries; cool. Beat egg yolks, sugar and milk. Cook over medium heat, stirring constantly, until thickened; cool. Combine cheese, lime juice, vanilla and egg mixture. Beat egg whites until soft peaks form; fold into cottage cheese mixture along with whipped cream. Spread cherry mixture in crust; spoon in cheese mixture. Chill until set. Glaze: Cook sugar, cornstarch and $\frac{1}{2}$ cup cherry liquid, stirring constantly, until thickened; add lime juice and food coloring. Cool to room temperature. Pour over pie.

Brownie Drop Cookies

Buttered baking sheets

Preheated 350° oven
Yield: 8 dozen

- 1 cup (2 sticks) butter
- $1\frac{3}{4}$ cups sugar
- 1 cup cottage cheese
- 2 eggs
- 1 teaspoon vanilla
- $2\frac{1}{2}$ cups sifted regular all-purpose flour
- $\frac{1}{2}$ cup cocoa
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup chopped pecans

FROSTING:

- $2\frac{1}{2}$ cups confectioners sugar
- $\frac{1}{4}$ cup butter, softened
- $\frac{1}{4}$ cup light cream
- 1 teaspoon vanilla

In a large mixing bowl cream butter; gradually add sugar and beat until light and fluffy. Add cottage cheese and beat thoroughly. Add eggs, one at a time, beating well after each addition. Blend in vanilla. Sift together flour, cocoa, baking soda, baking powder and salt; gradually add to creamed mixture. Add pecans. Drop by rounded teaspoons onto baking sheet; bake 12-14 minutes. Remove to wire racks to cool. When completely cooled, frost.

To prepare Frosting: In a small mixing bowl combine sugar, butter, cream and vanilla; beat until smooth.



Berry-Glazed Cheesecake (see page 34)

Pineapple Cheesecake With Apricot Sauce

Square baking dish, 9-inch

- 2 cups vanilla wafer crumbs
- 6 tablespoons butter, melted
- 2 cups cottage cheese, sieved
- 1 package (8 oz.) cream cheese
- 2 teaspoons vanilla

- $\frac{1}{4}$ teaspoon salt
- 1 can (1 lb. 4 oz.) crushed pineapple
- 2 tablespoons (2 envelopes) unflavored gelatin

- 3 egg yolks
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup milk
- 3 egg whites

Apricot Sauce

Crust: Combine crumbs and butter; reserve $\frac{1}{2}$ cup. Press remainder in bottom of dish. **Filling:** Beat cheeses, vanilla and salt. Drain pineapple; sprinkle gelatin over syrup to soften. In a saucepan beat egg yolks, sugar and milk. Cook over medium heat, stirring constantly, until thickened. Remove from heat; stir in gelatin until dissolved; cool. Stir into cheese mixture; add 1 cup pineapple (save remaining for sauce). Beat egg whites until soft peaks form; fold into cheese mixture. Turn into dish. Sprinkle reserved crumbs on top. Chill until set. Serve with Apricot Sauce (pg. 34).

Berry-Glazed Cheesecake

Springform pan, 9-inch

Preheated 350° oven

CRUST:

- 2 cups graham cracker crumbs
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup (1 stick) butter, melted

FILLING:

- 2 packages (8-oz. each) cream cheese
- 2 cups cottage cheese, sieved
- $1\frac{1}{2}$ cups sugar
- 2 teaspoons vanilla
- $\frac{1}{2}$ teaspoon salt
- 6 egg yolks
- $\frac{1}{3}$ cup regular all-purpose flour
- 6 egg whites

Berry Glaze

Crust: In a bowl combine crumbs, sugar and butter until well blended. Press onto bottom and sides of pan. Chill while preparing filling. **Filling:** In a mixing bowl beat together cream and cottage cheeses until smooth; add sugar, vanilla and salt. Gradually beat in egg yolks. Gradually blend in flour. Beat egg whites until soft peaks form; fold into cheese mixture. Turn into pan. Bake $1\frac{1}{4}$ hours; then turn off heat, open oven door and let cool in oven to room temperature. (It is normal for cake to sink slightly in center.) Chill before adding Berry Glaze (see below).

Berry Glaze

Yield: $1\frac{1}{3}$ cups

- 1 pint strawberries
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup water
- 2 tablespoons lemon juice
- 2 tablespoons cornstarch
- $\frac{1}{4}$ cup water

Mash $\frac{1}{2}$ cup berries; place in saucepan with sugar, $\frac{1}{2}$ cup water and lemon juice; bring to boil. Mix cornstarch with $\frac{1}{4}$ cup water and add to fruit mixture. Cook, stirring constantly, until mixture thickens; strain and cool. Top cheesecake with remaining berries; pour sufficient sauce over to glaze. Pass remaining sauce.

Apricot Sauce

Yield: $1\frac{3}{4}$ cups

- 1 can (10 oz.) apricot nectar
- 2 teaspoons cornstarch
- 1 tablespoon lemon juice
- Dash of salt
- Reserved crushed pineapple

Mix a small amount of nectar with cornstarch; gradually add remaining nectar. Cook, stirring constantly, until thickened. Add lemon juice, salt and pineapple; chill.

Fluffy Topped Pear Dessert

4 servings

- 1 can (1 lb. 13 oz.) Bartlett pear halves
- $\frac{1}{2}$ cup toasted chopped walnuts
- $\frac{1}{4}$ cup whipping cream, whipped
- $\frac{1}{2}$ cup cottage cheese
- 2 tablespoons confectioners sugar
- 1 teaspoon grated orange rind
- Dash of nutmeg
- Orange rind

Drain and chill pear halves; roll in nuts. Combine whipped cream, cottage cheese, sugar, orange rind and nutmeg. Arrange 2 pear halves on each serving plate; top with approximately $\frac{1}{4}$ cup cottage cheese mixture per serving. Garnish with orange rind and any remaining nuts.

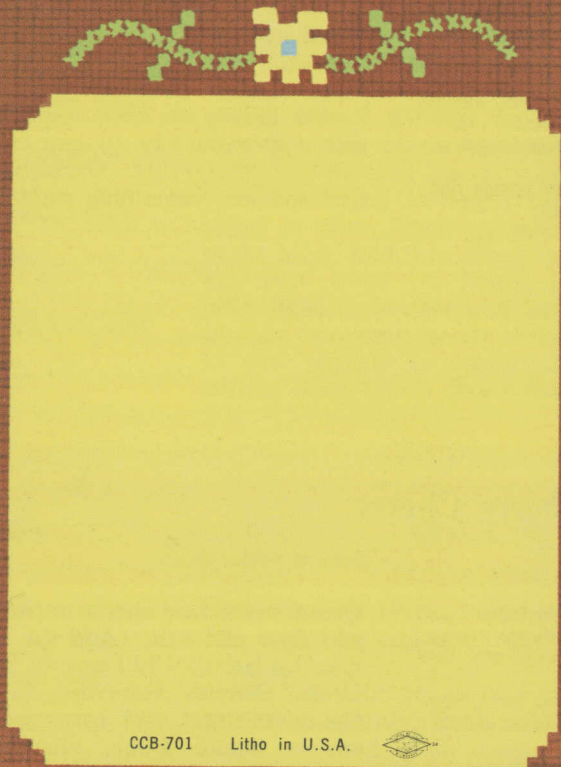
Golden Cherry Chews

Preheated 375° oven
Yield: 45

Buttered baking sheets

- $\frac{3}{4}$ cup ($1\frac{1}{2}$ sticks) butter
- 2 cups cottage cheese
- $2\frac{1}{4}$ cups regular all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- 1 can (1 lb.) red tart pitted cherries in water pack
- $\frac{1}{2}$ cup sugar
- 2 tablespoons cornstarch
- $\frac{1}{2}$ teaspoon almond extract
- Confectioners sugar

Cream butter and cheese until fairly smooth; add flour and salt. (Add the last $1\frac{1}{4}$ cups flour by hand.) Chill several hours. Filling: Drain cherries reserving $\frac{3}{4}$ cup liquid. Combine sugar and cornstarch; gradually stir in liquid. Cook, stirring constantly, until thickened. Cook 2 more minutes. Add almond and cherries; cool. On a floured board roll $\frac{1}{3}$ dough 15x9-inches and $\frac{1}{8}$ -inch thick. Cut into 3-inch squares. Place 2 cherries with sauce on each. Fold corners into center, pressing outer edges of square to flatten. Repeat with remaining dough. Bake 20-25 minutes. Cool on wire rack. Sprinkle with sugar.



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