

BLT Salad with Creamy Cottage Blue Dressing

6 slices extra-thick cut slab bacon

1/2 cup Real California cottage cheese, divided

2 ounces Real California blue cheese crumbles, divided

1/4 cup Real California milk

1/2 teaspoon Worcestershire sauce

1 small clove garlic, minced

1/2 tablespoon lemon juice, freshly squeezed

Dash of Tabasco, or other hot sauce

1/8 teaspoon salt

1/4 teaspoon fresh ground pepper, plus more for finishing

2 romaine hearts, or 4 heads baby romaine, halved

12 ounces grape or cherry tomatoes

2 tablespoons fresh chives, chopped

Preheat oven to 375°F. Line a 12x18 sheet tray with parchment paper.

Lay bacon in a single flat layer on sheet tray. Cook approx. 20-25 minutes or until bacon is desired consistency.

Remove bacon to a paper-towel-lined plate to cool. Dice bacon into pieces. Set aside.

Put half the cottage cheese, half the blue cheese crumbles, and milk in a

food processor. Blend until smooth then transfer to a small bowl.

Add remaining blue and cottage cheeses, Worcestershire sauce, garlic, lemon juice, hot sauce, salt, and pepper, and stir to combine. Divide lettuce among 4 plates. Pour 1/4 cup dressing over the lettuce.

Garnish each plate with diced bacon, tomatoes, chives, and some more freshly ground black pepper. Serves 4.

Fluffy California Cottage Cheese Biscuits

8 ounces (approx. 2 cups) self-rising flour, plus more for dusting

2 teaspoons sugar

1/4 teaspoon baking soda

1/8 teaspoon salt

3/4 cup Real California cottage cheese, pureed until smooth

1/2 cup Real California heavy cream

1 tablespoon Real California unsalted butter, melted

Preheat oven to 400°F. Put flour, sugar, baking soda, and salt in a large bowl. Sift with a fork. Make a well in the center of the flour, set aside.

In a separate bowl add cottage cheese and cream, whisk until combined. Pour the cream mixture into the flour well.

Stir with a large rubber spatula just until the dough comes together (it should be a bit sticky).

Turn dough out onto a floured surface. Top dough with a little flour. With floured hands, gently pat out dough to 1/2-inch thickness.

Fold dough in half. Pat out again to 3/4-inch thickness. Do not overwork the dough.

Using a 2.5-inch round floured cutter, cut out biscuits. Do not twist cutter. Transfer biscuits to an ungreased baking sheet.

Bake the biscuits on the top rack of the oven until light golden brown, rotating the tray once half way through for a total of approximately 14 to 18 minutes.

Remove from oven, brush tops with melted butter. Serve warm. Makes 12 biscuits.

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Chocolate Cherry Cheesecake Smoothie Bowl

1 cup Real California cottage cheese
1 cup frozen cherries, plus two for garnish
1/4 cup unsweetened cocoa powder
2-4 chopped prunes, to taste

1 tablespoon ground flaxseed
1 tablespoon raw cacao nibs, plus extra for garnish
Pinch of salt
Graham cracker crumbs, for garnish

Add cottage cheese, cherries, cocoa powder, prunes, flaxseed, cacao nibs and salt to the jar of a blender. Pulse on low until everything begins to come together.

Remove the lid and scrape down the sides of the jar with a silicone spatula. Return the lid to the blender jar and blend on high speed for about 30 seconds until a smooth, creamy texture is achieved.

If necessary, scrape down the sides of the jar again, and pulse until smooth.

Top with cherries (fresh or frozen), cacao nibs and ground graham crackers, if desired. Serves 1.

*To make a drinkable Smoothie instead of a Smoothie Bowl: add 1/2 cup Real California milk

California Cottage Cheese Pancakes

1 carton (16 ounces) Real California cottage cheese
1/4 cup plus 2 tablespoons orange marmalade (for divided use)

4 eggs, separated
1/4 cup all-purpose flour
1/8 teaspoon salt
1 teaspoon butter

1/4 cup pure maple syrup
4 thin orange slices for garnish (optional)
Mint leaves for garnish (optional)

Combine cottage cheese and 1/4 cup of the marmalade in a food processor and blend until smooth. Set aside.

Beat egg whites until they are stiff, but not dry. Transfer the beater to the yolks to save washing in between. Beat yolks until they are light in color.

Beat in the cup of cottage cheese-marmalade mixture, reserving the remaining cup of the mixture for the topping.

Add the flour and salt, and continue beating until completely mixed. Carefully fold in the beaten egg whites.

Melt the butter in a large nonstick skillet over medium heat. Wipe the butter out of the pan with a paper towel.

Spoon the batter (1/3 cup for each pancake) into the hot pan. Cook pancakes over medium heat until golden brown on the first side. Very carefully turn the pancakes over to brown the other side.

While the pancakes are cooking, combine the maple syrup and remaining 2 tablespoons of marmalade; mix well and set aside.

To serve, place 3 pancakes on each of 4 plates. Top each serving with 1/4 cup of the reserved cottage cheese-marmalade mixture.

Spoon 1 tablespoon of the maple-marmalade mixture over the top of each serving. Garnish with twisted orange slices and a sprig of fresh mint, if desired. Serves 4.

Cheesy Chicken Bacon Ranch Pasta

8 ounces elbow macaroni pasta
1 1/2 cups Real California cottage cheese
1 1/2 cups Real California sour cream
1 cup Real California milk
1/3 cup (1 1/2 1-ounce packages) ranch dressing and seasoning mix

3 cups cooked chicken, shredded
6 ounces shredded Real California Monterey Jack cheese
1 14.5-ounce canned fire roasted diced tomatoes, drained
1/2 cup cooked crumbled bacon (optional)

In a large saucepan or small stockpot, cook pasta according to package directions. Meanwhile, in a blender or food processor, combine cottage cheese, sour cream, milk, and seasoning mix and pulse to puree.

Transfer to a small saucepan and gently warm over medium-low heat. Drain pasta and return to saucepan. Stir in cottage mixture, chicken, shredded cheese, tomatoes, and bacon, if using. Serves 6.

Recipe and image courtesy of Jill Silverman Hough / @jillshough

Vanilla Whipped Cottage Cheese Breakfast Bowl

1 cup Real California cottage cheese
1/2 frozen banana
2 tablespoons honey or maple syrup

2 teaspoons vanilla extract
Toppings: Sliced banana, fresh blueberries or granola

Add the cottage cheese, frozen banana, honey or maple syrup, and vanilla extract into a blender or food processor and blend until ingredients are well incorporated. Pour or spoon mixture into bowl and top

with banana slices, blueberries, or granola.
Note: Experiment with different toppings like raspberries, cherries, cocoa nibs, coconut shreds, nuts, and more. Serves 1.

Recipe and image by Jessica Lawrenz / @mongermoldandmilk



Clockwise, from left:
Chocolate Cherry Cheesecake Smoothie Bowl, Fluffy California Cottage Cheese Biscuits, BLT Salad with Creamy Cottage Cheese Dressing. Cover, clockwise, from top: Vanilla Whipped Cottage Cheese Breakfast Bowl, Cheesy Chicken Bacon Ranch Pasta, California Cottage Cheese Pancakes