Cottage-cheese herb dip and a crunchy vegetable tray

Dip prep and chilling checklist • Free, no signup or purchase.

Recipe: Food Hero, Oregon State University Extension Service (“Ranch Dip”). Paraphrased; FigureNook did not make the dip.

Ingredients and equipment

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- 1/2 teaspoon salt and 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder, or 2 cloves garlic, minced
- 1/2 teaspoon onion powder
- 2 sprigs of parsley, chopped, or 1 teaspoon dried parsley flakes
- A bowl and spoon; a fork or a blender for a smoother dip
- Fresh vegetables to wash and cut (for example cucumber, carrots and bell pepper)
- Covered containers for the refrigerator and small serving bowls
- Free checklist (PDF) and a pen

1. Mix the dip

Wash your hands with soap and water. For a chunky dip, mix the cottage cheese, yogurt and seasonings of your choice in a bowl. For a smoother dip, mash the cottage cheese with a fork before adding the yogurt and seasonings. For a smooth dip, blend all the ingredients in a blender. The recipe makes 2 cups.

2. Prepare the vegetables

Rinse or scrub the vegetables under running water before preparing them, as the recipe directs. Cut them with clean tools on a clean board, and keep them in their own covered container, apart from the dip. Cucumber, carrots and bell pepper are FigureNook's examples; the recipe names no specific vegetables.

3. Keep it cold and set out small portions

Cover and refrigerate the dip and vegetables at or below 40°F until serving. Set out a small fresh bowl and replenish from the refrigerator. Count all time the dip spends outside refrigeration or effective cold holding, including preparation and serving: discard at 2 hours total, or 1 hour total above 90°F. Returning it to the refrigerator or refilling the bowl does not reset the clock. Use the checklist to record each bowl's remaining time, and do not return served dip to the batch.

4. Mark the milk allergen

Cottage cheese and yogurt are milk products, and milk is one of FDA's nine major food allergens. Mark "Contains: milk" on the checklist and on the serving bowl's label. Check the labels on the garlic powder, onion powder and any crackers or chips for other allergens.

Important

Refrigerator at or below 40°F (FDA). Count all time outside refrigeration, including preparation and serving: discard at 2 hours, or 1 hour above 90°F (USDA); discard at the limit, and refilling does not reset the time. Contains: milk. This guide gives no storage time. USDA and FDA cover food safety, not the recipe.

Sources

Recipe: Food Hero (Oregon State University Extension Service), Ranch Dip
https://foodhero.org/recipes/ranch-dip

USDA FSIS: “Danger Zone” (40°F - 140°F) (2-hour / 1-hour limit)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/danger-zone-40f-140f

USDA FSIS: Keeping “Bag” Lunches Safe (at least two cold sources)
https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe

FDA: Are You Storing Food Safely? (refrigerator at or below 40°F)
https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely

FDA: Food Allergies (the nine major food allergens)
https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/food-allergies

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Checklist

Make date and time

Texture ☐ chunky (mixed) ☐ smoother (fork-mashed) ☐ smooth (blended)

Garlic ☐ 1/2 tsp garlic powder ☐ 2 cloves, minced

Parsley ☐ 2 sprigs, chopped ☐ 1 tsp dried flakes

Contains: milk (cottage cheese, yogurt) ☐ marked on the bowl label

Other labels checked; allergens found

Vegetables rinsed and cut ☐ cucumber ☐ carrots ☐ bell pepper ☐ other

Refrigerator at or below 40°F (FDA) ☐ checked

Leftovers refrigerated within 2 hours (recipe) ☐ done

Serving-time log

Count all time outside refrigeration or effective cold holding, including preparation and serving: 2 hours total, or 1 hour total above 90°F (USDA).

Discard any dip still out when the limit is reached.

Refrigeration or refilling does NOT reset time already used. Record the remaining time for each fresh bowl, and never mix a served portion back into the batch.

Bowl	Time out so far	Limit reached at	Discarded?
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐