



Cheddar Cheese Dip with Whole Grain Crackers

This recipe was developed in partnership with National Dairy Council®, American Dairy Association North East, Syracuse City School District and American Dining Creations. Special thanks to the American Dairy Association Mid-east and Cabell County Schools in West Virginia for providing support and assistance during the recipe development process.

Cheddar Cheese Dip w/Whole Grain Crackers

Meat/Meat Alternative

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Cream cheese, Neufchatel	12 oz.	<ol style="list-style-type: none"> Place cream cheese and cheddar cheese in a food processor and blend until smooth. Add yogurt and milk. Puree again until smooth. Use a #16 scoop place 2 oz. serving in a 3 or 4 oz. soufflé cup. Hold at 41° F or less (CCP). Serve with 4 whole grain crackers.
Cheese, cheddar, yellow, reduced fat, shredded	2 #	
Yogurt, low-fat, plain	1-½ cups	
Milk, 1% low-fat	½ cup	
Crackers, whole grain, low-salt	100	

Notes:

Serving:	Yield:	Volume:
Meets 1 oz. meat/meat alternate, 1 grain serving.	25 servings	

Nutrients Per Serving					
Calories	216 kcal	Saturated Fat	6.75 g	Iron	0.56 mg
Protein	13.57 g	Cholesterol	30.64 mg	Calcium	378.88 mg
Carbohydrates	13.43 g	Vitamin A	294.18 IU	Sodium	360.65 mg
Total Fat	12.40 g	Vitamin C	0.16 mg	Dietary Fiber	1.68 g