

RECIPE TRAIL PRESENTED BY



Indiana Sweet Corn Cottage Cheese Dip



INGREDIENTS

- 1 cup cottage cheese
- 1 cup grilled or roasted sweet corn
- 1/2 cup shredded cheddar cheese
- 2 tablespoons green onions
- 1 jalapeño (optional)
- Lime juice
- Chili powder



INSTRUCTIONS

1. Blend cottage cheese until smooth.
2. Stir in remaining ingredients.
3. Serve with tortilla chips.

SCAN TO DOWNLOAD RECIPE



FUN FACTS

- With over 700 dairy farms in Indiana, milk goes from the farm to your fridge in about 48 hours - talk about fresh and local!
- About 80% of what cows eat cannot be eaten by people - cows upcycle products like soybean hulls and discarded food from grocery stores into milk, keeping it out of landfills.
- Milk is packed with 13 essential nutrients, like zinc and selenium to support a healthy immune system.
- Pasteurization, or heating food to kill microorganisms, makes milk one of the safest foods available and helps extend it's shelf life.