

# Cheesy Dip for Veggies

Persuade children and teens to eat their vegetables by appealing to the all-American love of pizza. This delicious, all-natural layered cheese dip can be served with raw veggies like carrots and celery. It starts with a layer of Neufchâtel cheese, then covered with a veggie pizza sauce and then topped with mozzarella and Parmesan cheeses. This fun after-school or anytime snack can be served warm or cold.



## MARKET INSIGHTS

- Approximately 95% of consumers love the taste of cheese and value it as an ingredient.
- As people become aware of how much sodium they consume, a convenient low-sodium snacking option is appealing.
- U.S. consumers are looking for flavorful afternoon and evening nutrition in their snacks.
- Kids snack at nearly double the rate of adults and the after-school snacking.

## INGREDIENTS

	Usage Levels (%)
<b>Sauce</b>	<b>(49.00)</b>
Tomato paste	38.32
Water	35.00
Onion, white, chopped	10.20
Red bell pepper, diced	6.00
Broccoli, blanched, grated	5.00
Carrots, blanched, grated	4.00
Oregano, ground	0.55
Basil, ground	0.29
Garlic, minced	0.24
Marjoram, ground	0.11
Thyme, ground	0.11
Rosemary, ground	0.08
Sage, ground	0.05
Fennel seed, ground	0.05
<b>Neufchâtel cheese</b>	<b>30.00</b>
<b>Mozzarella cheese, grated</b>	<b>16.64</b>
<b>Parmesan cheese, grated</b>	<b>4.04</b>
Garlic powder	0.17
Parsley flakes	0.15
<b>Total</b>	<b>100.00</b>

## BENEFITS OF USING U.S. DAIRY

### Cheese

- Cheese is a delicious way to boost product nutritional value
- Cheese flavor and functionality can be tailored to specific applications, including reduced-fat and low-sodium options

## NUTRITIONAL CONTENT

### U.S. Label

### Nutrition Facts

Serving Size 2 tbsp (30g)

Amount Per Serving		Calories from Fat 30	
		% Daily Value*	
<b>Calories</b> 50			
<b>Total Fat</b> 3.5g			<b>5%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 10mg			<b>3%</b>
<b>Sodium</b> 75mg			<b>3%</b>
<b>Total Carbohydrate</b> 2g			<b>1%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 1g			
<b>Protein</b> 3g			<b>6%</b>
Vitamin A 8%		Vitamin C 4%	
Calcium 6%		Iron 2%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Neufchâtel cheese (pasteurized nonfat milk and milkfat, cheese culture, salt, stabilizers (xanthan and/or carob bean and/or guar gums)), sauce (tomato paste, water, onion, carrots, bell pepper, broccoli, oregano, garlic, basil, marjoram, thyme, rosemary, sage, fennel), low-moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), Parmesan cheese (pasteurized part skim milk, salt, cultures, enzymes), cellulose with natamycin added to prevent caking, garlic, parsley.

Contains: milk

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## PREPARATION

### Sauce

1. **Chop and dice vegetables. Blanch for 1 to 2 minutes.**
2. **Remove from heat and place in ice water bath for 30 seconds.**
3. **Purée blanched vegetables in a blender or food processor.**
4. **Add tomato paste, spices and water. Blend well.**
5. **Place mixture into a pot and transfer to the stove top. Heat to 165°F, stirring constantly.**
6. **Hold at 165°F for 10 minutes.**
7. **Refrigerate until needed.**

### Dip

1. **Combine Neufchâtel cheese, garlic powder and parsley flakes.**
2. **Spread a layer of the cheese mixture on the bottom of the serving dish.**
3. **Place sauce on top of the Neufchâtel cheese layer, and sprinkle the mozzarella and Parmesan cheeses over the sauce.**
4. **Refrigerate or freeze.**
5. **Serve warm or cold with celery or pita bread.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Dairy Products Technology Center, California Polytechnic State University. ©2014 U.S. Dairy Export Council.