

Homemade Ricotta

Prep: 5 minutes | Cook: 15 minutes | Chill: 30 minutes

Total: 50 minutes

Yield: 8 servings | Serving Size: ~¼ cup

Ingredients

4 cups (32 ounces) lowfat (1%) milk

2 cups (16 ounces) heavy cream

1 teaspoon salt

3 tablespoons distilled white vinegar or lemon juice

Directions

1. Add the milk, heavy cream, and salt to a large saucepan or stockpot. Stir to combine.
2. Bring to a boil over high heat, then turn off the heat.
3. Add the vinegar or lemon juice and stir to combine.
4. Let sit until large curds separate from the liquid (whey), about 7-10 minutes.
5. Meanwhile, line a colander or strainer with two layers of damp paper towels and place over the mouth of a large bowl.
6. Carefully pour or ladle the milk mixture into the colander and strainer. Let drain to the desired consistency, about 30-40 minutes.
7. Use right away, or refrigerate for up to 7 days. Discard the liquid (whey) or use it in place of buttermilk in other recipes.

Recipe Notes

- This ricotta can be used in place of store-bought ricotta in a variety of dishes, including lasagna, pancakes, or as a spread on toast.
- The nutrition facts below are based on store-bought ricotta, since some of the nutrition content is in the whey.



Nutrition Facts Per Serving: Calories: 75 | Total Fat: 4 g | Saturated Fat: 2.5 g
Sodium: 75 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0 g | Protein: 7 g

For more recipes, please visit www.nutrition.va.gov



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