

Ricotta Salata

“This snow-white variation of Ricotta originated in the summery climate of the island of Sicily. Spongy and smooth, Ricotta Salata is a rindless cheese made from lightly salted sheep's milk curd that is pressed and dried, then aged for at least three months. Supple in texture and mild in taste, Ricotta Salata is (despite its name) not at all overly salty or ‘sheepy.’ Instead, it boasts a mellow blend of nutty, milky and sweet flavors, which along with consistency afford the cheese an impressive versatility in the kitchen.

Perfect for tossing, Ricotta Salata works well in either salads or pasta dishes, and is also occasionally used for grating. The cheese is at its best when served atop fresh or grilled vegetables (spinach is a favorite sidekick), alongside beans, or with a side of fruit. For cooked dishes, try Ricotta Salata crumbled over a garlicky veggie sauté or into tomato-based sauces.”

Source: http://www.italiancookingandliving.com/food/essentials/ricotta_salata.html

Nutrition composition

Serving size 28 grams (1 ounce)

Calories - 90	Calories from fat - 72	
% calories from: Fat – 80.0% Carbohydrate – 8.9% Protein – 22.2%		
	% Daily Value	
Total Fat	8 g	12%
Saturated Fat	4.5 g	22%
Cholesterol	30 mg	10%
Sodium	460 mg	19%
Total Carbohydrate	2 g	1%
Dietary Fiber	0 g	0%
Protein	5 g	10%
Vitamin A		8%
Vitamin C		0%
Calcium		8%
Iron		0%
Vitamin D		0%
Vitamin E		0%
Vitamin B6		0%
Vitamin B12		0%
Zinc		0%

Source: <http://www.thedailyplate.com/nutrition-calories/food/wegmans/ricotta-salata>