



# Cottage Cheese Salad



prep time  
5-10 min



total time  
10 minutes



servings  
1

## Ingredients

- 1 cup cucumber ~ 1 veggie serving
- 1 cup cherry tomatoes  
~ 1 veggie serving
- 1/4 red onion ~ 1/2 veggie serving
- 1 cup cottage cheese ~ 3 protein servings
- 1 tablespoon white wine vinegar
- Drizzle of extra virgin olive oil  
~ 1/2 fat serving
- 1 tablespoon chopped fresh basil
- Salt and pepper to taste

## Instructions

- 1 In a bowl, mix together cherry tomatoes, cucumber, and red onion. Season with salt and pepper and combine.
- 2 Spread cottage cheese onto a plate.
- 3 Top the cottage cheese with the tomatoes, cucumber and onion mix.
- 4 Sprinkle fresh basil over the salad.
- 5 Dress with white wine vinegar and a drizzle of extra virgin olive oil.
- 6 Serve with crackers of your choice (not included in breakdown) and enjoy!



Whole Recipe Breakdown:  
3 Servings Protein  
0 Servings Carb  
0.5 Servings Fat  
2.5 Servings Veggies