Refreshing Cottage Cheese Cucumber Bowl

A light, protein-packed snack combining low-fat cottage cheese with crisp, fresh cucumbers and a hint of herbs for a cool, satisfying bite.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1 medium cucumber, peeled and chopped (about 1 cup)
- 1 tbsp fresh dill, chopped
- 1 tsp lemon juice
- 1/4 tsp black pepper
- 1/8 tsp salt
- Optional: 1 tsp olive oil

Instructions

1. Peel and chop the cucumber into small pieces.
2. In a medium bowl, combine cottage cheese, chopped cucumber, and fresh dill.
3. Add lemon juice, salt, and black pepper; mix gently until well combined.
4. Drizzle olive oil on top if desired for extra flavor.
5. Serve immediately or chill in the refrigerator for 10 minutes before serving.

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