Protein-Packed Cottage Cheese Veggie Bowl

A fresh, low-carb bowl combining creamy cottage cheese with crisp cucumber and juicy cherry tomatoes, perfect for a quick, muscle-friendly meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1 tbsp fresh parsley, chopped
- 1 tsp olive oil
- 1/2 tsp lemon juice
- Salt and pepper to taste
- Optional: 1/4 tsp garlic powder

Instructions

1. In a medium bowl, combine the cottage cheese, diced cucumber, and halved cherry tomatoes.
2. Add chopped parsley, olive oil, and lemon juice.
3. Season with salt, pepper, and garlic powder if using.
4. Mix gently until all ingredients are well combined.
5. Let sit for 5 minutes to allow flavors to meld.
6. Serve chilled or at room temperature.

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