Savory Cottage Cheese Bowl with Olives and Cucumber

A refreshing, high-protein low-carb snack featuring creamy low-fat cottage cheese paired with crisp cucumber and briny olives, perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1/3 cup sliced black olives
- 1/2 medium cucumber, thinly sliced
- 1 teaspoon extra virgin olive oil
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon dried oregano
- 1 tablespoon chopped fresh parsley (optional)

Instructions

1. Place the low-fat cottage cheese in a serving bowl.
2. Arrange the sliced cucumber and black olives on top of the cottage cheese evenly.
3. Drizzle the olive oil over the ingredients.
4. Sprinkle black pepper, dried oregano, and chopped fresh parsley over the top.
5. Gently mix if desired or leave as a layered bowl for a fresh presentation.
6. Serve immediately or chill for 10 minutes for a cooler option.

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