Protein-Packed Cottage Cheese Veggie Salad

A fresh, high-protein salad with creamy cottage cheese, crisp cucumber, and vibrant cherry tomatoes—perfect for a low-carb, muscle-supporting meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1/2 cup cherry tomatoes, halved
- 1/2 medium cucumber, diced
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon olive oil
- 1/2 teaspoon lemon juice
- Salt and pepper to taste

Instructions

1. In a medium bowl, combine the cottage cheese, halved cherry tomatoes, and diced cucumber.
2. Add chopped parsley for freshness.
3. Drizzle olive oil and lemon juice over the mixture.
4. Season with salt and pepper to taste.
5. Gently toss all ingredients until well mixed.
6. Serve immediately or chill for 10 minutes before serving for a refreshing taste.

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