



HOPE30 KITCHEN

♡ *Hope30 Cottage Cheese Caprese Salad*

Ingredients:

- 1/2 cup of lowfat cottage cheese
- 1/2 cup grape tomatoes
- 1 clove of garlic (optional)
- 3 or 4 fresh basil leaves (cut into ribbons)
- A drizzle of balsamic vinegar
- pink salt and black pepper to taste

Cooking Directions:

- Set your oven to 450 degrees and line a rimmed baking sheet with parchment paper. Slice the tomatoes in half & place on the baking sheet.
- Add smashed garlic clove (optional) on the pan and season with pink salt and pepper.
- Bake for about 10 minutes, until tomatoes are very soft and starting to blister.
- While the tomatoes roast, plate your cottage cheese.
- Once the tomatoes are ready, cool on baking sheet for 5 minutes. Then, sprinkle them over the cottage cheese. Drizzle with balsamic vinegar & basil ribbons.

You can even make this with raw tomato if you need to take it on the go!
