
THE HEAVYWEIGHT COTTAGE CHEESE & QUINOA BOWL

380 Calories | 28g Protein | 32g Carbs | 14g Fat



INGREDIENTS

- ¾ cup low-fat cottage cheese (2%)
- ½ cup cooked quinoa
- ½ cup cucumber, diced
- ¼ cup cherry tomatoes, halved
- 2 tbsp Kalamata olives, pitted and halved
- 1 tbsp fresh dill, chopped
- Black pepper to taste

DIRECTIONS

1. Place the cottage cheese in the center of a serving bowl.
2. Arrange the cooked quinoa, diced cucumber, cherry tomatoes, and Kalamata olives in colorful segments around the cottage cheese.
3. Sprinkle the fresh chopped dill and cracked black pepper over the top.
4. Mix everything together immediately before eating.