

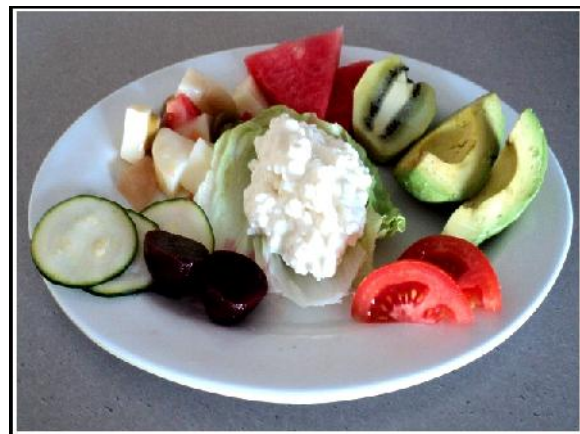
GF Friendly

Cottage Cheese Salad

Cottage cheese with potato and fruit salad

Having to go on a low cholesterol diet I was finding rabbit's food boring. The old lettuce and tomato accompanying whatever else I was allowed didn't quite hit the spot; well actually it was nowhere near close. So we started experimenting with different combinations including fresh fruit that was in season, and the variety was very welcome. I've listed my selection below, but you can use whatever you like; including nuts isn't a bad idea if you're not allergic to them.

- 150-200g cottage cheese
- small lettuce leaf
- ½ avocado, peeled and segmented
- ½ tomato cut in wedges
- ½ Kiwi fruit, peeled
- 2 small slices watermelon
- 3 slices zucchini
- 1 serve potato salad (see Recipe R 07)
- 1 baby beetroot cut in half



I really don't need to tell you the method which is something you can play around with yourself using a bit of creativity to make it look attractive. I don't doubt you'll do a better job of it than I did. Except for the potato salad which was prepared the previous day, the rest of the ingredients were cut and served fresh.

Needless to say, ensure everything is washed before preparing.

The above is for a single serve

Not good for freezing

A Season of Happiness - helping you towards a better lifestyle



For a look at some more informative articles on a variety of subjects just return to the web page