

Greece: Cottage Cheese Village Salad

Prep Time: 15 minutes

Cook Time: 0 minutes

Total Time: 15 minutes

Servings: 2

Ingredients

- 1 cup cottage cheese (crumbled or small curd)
- 1 large tomato, diced
- 1 cucumber, sliced
- ½ red onion, thinly sliced
- ¼ cup black olives
- ¼ cup chopped green bell pepper
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon lemon juice or red wine vinegar
- ½ teaspoon dried oregano
- Salt and black pepper to taste
- Optional: few fresh mint leaves for garnish

Instructions

1. **Prep the Veggies:** Wash and chop all vegetables into bite-sized pieces.
2. **Combine:** In a large bowl, mix tomato, cucumber, onion, bell pepper, and olives.
3. **Add Cottage Cheese:** Spoon cottage cheese over the vegetables.
4. **Dress It Up:** Drizzle olive oil, lemon juice (or vinegar), sprinkle oregano, salt, and pepper.
5. **Serve:** Toss lightly before serving. Garnish with mint or basil for freshness.

Nutrition (Per Serving)

- **Calories:** 210 kcal
- **Protein:** 16g
- **Fat:** 12g
- **Carbohydrates:** 9g
- **Fiber:** 2g

Health Benefits

- **Protein-Packed & Light:** Cottage cheese adds high-quality protein with low fat.
- **Mediterranean Nutrition:** Loaded with fiber, antioxidants, and healthy fats.
- **Hydrating & Digestive-Friendly:** Fresh vegetables aid hydration and digestion.
- **Supports Weight Control:** Keeps you full without heavy calories.

Tips

- For extra flavor, use a dash of balsamic vinegar or a sprinkle of feta.
- Add cooked quinoa for a filling lunch option.
- Keep ingredients chilled before serving for maximum crunch.
- Pair with whole-grain pita or grilled chicken for a balanced meal.