

HIGH-PROTEIN SNACK

Cottage Cheese Caprese

Creamy, juicy and fresh in just three minutes

SERVES
1

PREP
3 min

COOK
0 min



I INGREDIENTS

- **3/4 cup** fat-free cottage cheese
- **2/3 cup** tomato, coarsely chopped
- **1 Tbsp** fresh basil, torn
- **1 tsp** olive oil
- **1 tsp** balsamic vinegar
- **1/4 tsp** Italian seasoning

D DIRECTIONS

- 1 Spoon the cottage cheese into a medium serving bowl.
- 2 Top with the chopped tomato and torn basil.
- 3 Stir together the olive oil, balsamic vinegar and Italian seasoning, then drizzle over the tomatoes. Serving size: about 1 1/3 cups.

1

WW POINTS

per serving

1 POINTS FOR THE FULL RECIPE

COOK'S NOTE

When large tomatoes are out of season, use sweet grape or cherry tomatoes instead.

ESTIMATED NUTRITION PER SERVING

CALORIES
180

PROTEIN
21g

CARBS
10g

FAT
5g

SAT. FAT
1g

FIBER
2g

SODIUM
620mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.