Cottage Cheese Crunch Bowl

Printable grocery list · Serves 4 · pick 1 dressing

THE BOWL

- [ ] Cherry tomatoes
- [ ] Frozen sweet corn kernels
- [ ] Red onion
- [ ] English cucumber
- [ ] Red bell pepper
- [ ] 2% large curd or fat-free cottage cheese
- [ ] Dried oregano
- [ ] White sesame seeds
- [ ] Fresh herbs, for garnish (optional)

DRESSINGS — PICK YOUR FAVORITE

Classic Balsamic Vinaigrette

- [ ] Balsamic vinegar
- [ ] Dijon mustard
- [ ] Garlic
- [ ] Olive oil
- [ ] Salt & pepper

Apple Cider Vinaigrette

- [ ] Apple cider vinegar
- [ ] Honey
- [ ] Dijon mustard
- [ ] Olive oil
- [ ] Salt & pepper

Lemon Dijon Vinaigrette

- [ ] Fresh lemon juice
- [ ] Dijon mustard
- [ ] Garlic
- [ ] Olive oil
- [ ] Salt & pepper

Red Wine Vinaigrette

- [ ] Red wine vinegar
- [ ] Dijon mustard
- [ ] Garlic
- [ ] Olive oil
- [ ] Salt & pepper

Honey Lime Vinaigrette

- [ ] Fresh lime juice
- [ ] Honey
- [ ] Ground cumin
- [ ] Olive oil
- [ ] Salt & pepper