

High Protein Cottage Cheese Crunch Bowl

Printable grocery list · Serves 4

- ☐ 2 cups cherry tomatoes, halved
- ☐ 1 1/2 cups frozen sweet corn, defrosted
- ☐ 1/2 small red onion, sliced
- ☐ 1 large English cucumber, peeled and diced
- ☐ 1 large red bell pepper, diced
- ☐ 1 cup large-curd 2% cottage cheese
- ☐ 1/2 tsp dried oregano
- ☐ 2 tbsp white sesame seeds
- ☐ Fresh herbs, for garnish (optional)
- ☐ Dressing of choice (the recipe post has 6 vinaigrette options)