

Quick & Crunchy Salad Snack

INGREDIENTS:

3 cups	1% fat cottage cheese
2 T	toasted sesame seeds
1 medium	diced carrot
1 medium	diced tomato
1 medium	diced scallion
1 medium	diced green bell pepper
1 medium	stalk, diced celery
1/2 cup	diced cucumber
1/2 cup	chopped fresh parsley
1 cup	alfalfa sprouts
1 ounce	fresh lemon juice
Salt and Pepper	to taste

DIRECTIONS:

Combine all ingredients in a large bowl and chill for an hour. Serve over lettuce leaf.

Makes 6 servings. Serving size is 1 cup

Calories: 121 /serving

NUTRITIONAL INFORMATION PER SERVING:

16 g protein
9 g carbohydrates
2.5 g fat
477 mg sodium *
5 mg cholesterol
2 g fiber

Estimated Food Group Serving Equivalents: 2 lean protein, 1/2 bread/starch

* To reduce sodium content use low sodium, low fat cottage cheese or 1/2 low sodium and 1/2 regular 1% fat cottage cheese.