

cottage cheese

Add more protein, calcium, vitamin D and other nutrients to your meals with cottage cheese.

Choose non-fat or low-fat cottage cheese!

- Cottage cheese on crisp chopped lettuce with sliced strawberries.
- Cottage cheese with chopped cucumbers and dried dill weed or black pepper.
- Mix together $\frac{1}{2}$ cup cottage cheese with $\frac{1}{2}$ cup canned tuna (drained).
Serve on chopped lettuce.
- Top a slice of whole wheat toast with a thin tomato slice and cottage cheese.
- Top cottage cheese with peach slices.
- Dip whole wheat crackers in cottage cheese.



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