

Cottage Fruit Salad

Salad of the Month April - 2015



Lusciously creamy cottage cheese with toasted pecans tops refreshing fresh fruit--very retro, yet very nutritious!

Prep Time: 35 Min

Start to Finish: 35 Min

Makes: 6 servings

INGREDIENTS

2 cups fat-free cottage cheese

1 container (6 oz.) 99% Fat Free yogurt, any fruit flavor

1/4 cup chopped pecans, toasted if desired

Lettuce leaves

6 cups cut-up fresh fruit (peaches, nectarines, pears, bananas, pineapple, raspberries, strawberries and/or blueberries)

DIRECTIONS

1. In medium bowl, stir together cottage cheese and yogurt. Stir in pecans.
2. To assemble, line 6 individual plates with lettuce. Arrange 1 cup of the fruit over each lettuce-lined plate. Spoon 1/2 cup cottage cheese mixture over fruit on each plate. Serve immediately.



Recipe Provides: Dairy 1/2c, Fruits 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	1 g	Saturated Fat:	0 g
Calories:	170	Calories from Fat:	10	Carbohydrates:	31 g
Cholesterol:	60 mg	Dietary Fiber:	3 g	Sodium:	250 mg
Sugars:	19 g	Protein:	10 g		



Recipe adapted from www.eatbetterearly.com

