



# Caprese cottage cheese breakfast bowl

**SERVINGS:** 1

**PREP TIME:** 5 minutes

Cottage cheese is having a moment. This savory bowl is a quick, no-cook option that is portable.

## **NUTRITION INFORMATION (PER SERVING)**

Calories: 197 | Total fat: 7 g | Saturated fat: 3 g | Sodium: 70 mg | Cholesterol: 15 mg | Total carbs: 10 g | Fiber: 1 g  
Sugars: 8 g | Protein: 25 g | Potassium: 1630 mg

## **INGREDIENTS**

- ¾ cup no-salt-added, low-fat cottage cheese
- 1 small tomato, sliced (about 3 oz)
- 2 basil leaves, thinly sliced
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- Freshly cracked black pepper

## **PREPARATION**

Add cottage cheese to a small bowl. Top with tomato slices and sliced basil. Drizzle with balsamic vinegar and olive oil and a sprinkle of black pepper.