

Cottage Cheese with Tomatoes, and Pepitas

Ingredients:

- ½ cup of low fat, cottage cheese
- ¼ cup of cherry tomatoes
- 2 tbsp of pepitas
- ½ tbsp of olive oil
- Black pepper to taste

Instructions:

1. Place all ingredients in a bowl.
2. Enjoy!

Nutrition Facts

Servings: 1

Amount per serving

Calories **124**

% Daily Value*

Total Fat 9.2g **12%**

Saturated Fat 1.9g **10%**

Cholesterol 8mg **3%**

Sodium 233mg **10%**

Total Carbohydrate 4.5g **2%**

Dietary Fiber 0.6g **2%**

Total Sugars 3.7g

Protein 7.5g