

Loaded Cottage Cheese Salad

Ingredients

2 cups cottage cheese

½ cup cooked bacon, chopped or crumbled

½ cup shredded cheddar cheese

½ cup sweet peas (thawed if frozen)

2–3 green onions, thinly sliced

1–2 tbsp sour cream or Greek yogurt (for extra creaminess)

½ tsp garlic powder

½ tsp onion powder

Salt and black pepper to taste

A little ranch seasoning or a splash of lemon juice for extra flavor

Directions

1. Prepare the ingredients: Cook and crumble the bacon. Slice the green onions. If using frozen peas, thaw and drain them properly.
2. Start with the base- Add the cottage cheese to a medium bowl
3. Make it loaded by adding: Bacon, Shredded Cheddar, Peas, Green Onions and seasonings.
4. Mix everything together well.
5. Chill for 30-60 minutes so the flavors blend together.
6. How to Serve
7. Eat it directly as a salad
8. Scoop it with crackers or pita chips
9. Fill it in a wrap or sandwich
10. Serve it over fresh greens for a protein-rich salad protein boost

This salad is naturally high in protein and perfect for quick lunch, meal prep, or after workout meal. Simple, filling, and super tasty!