



Cottage Cheese and Chicken Salad

Serves: 2

Cook Time: 15 minutes

Shopping list:

- 1-cup cooked chicken breast chopped
- 1-cup low fat cottage cheese

- 2 hard-boiled eggs chopped
- 1/3-cup light mayo
- 1/4 tsp salt (optional)
- 1/4-cup celery diced
- 1/2-cup low fat cheddar cheese

Recipe:

1. In a bowl mix chicken, eggs, and celery together with mayo.
2. Add 1/2 cup of cottage cheese, cheese, and salt to turkey mixture.

Mix together and enjoy.

ENJOY!

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