

Strawberry Sundae Salad

Sweet strawberries are featured in this scrumptious salad. The protein will give you energy and keep you satisfied. Provided by Fruits & Veggies - More Matters

Ingredients:

- 1 pint strawberries, rinsed, hulled, and sliced
- 1/4 cup fresh orange juice, divided
- 1 TBS sugar
- 1 lb. (2 cups) cottage cheese, 1%
- 1 tsp grated fresh orange peel
- 1/2 cup granola cereal, low fat
- Salad greens



Instructions

1. Combine in electric blender container 1 cup sliced strawberries, 2 TBS orange juice and sugar. Cover and process until pureed. Reserve for salad assembly.
2. Mix cottage cheese with remaining 2 TS orange juice, orange peel, and granola cereal.
3. Arrange salad greens on 4 individual serving plates, topping each with 1/2 cup cottage cheese mixture, 1/4 cup strawberry puree, and remaining sliced strawberries. Sprinkle with additional granola cereal, if desired.

Nutritional Information

Serves: 4

Calories: 183

Total Fat: 2.1g

Saturated Fat: .92g

% Calories from Fat: 11%

Protein: 16.24g

Carbohydrates: 26g

Cholesterol: 4.52mg

Dietary Fiber: 3.53g

Sodium: 489.41mg

Source: Fruits and Veggies More Matters