

## **Salad Dip Lunch Bowl**

### **Nutritional Information:**

418 Calories  
34 Carbs  
28 Grams of Fat  
11 Grams of Protein

### **Ingredients:**

1 Cup Chopped Arugula  
2 T Chopped Parsley  
2 T Chopped Cilantro  
¼ of an English Cucumber Chopped  
5 Green Olives Chopped  
½ Medium Avocado  
¼ Cup Low Fat Cottage Cheese  
1 Lemon Juiced and Divided  
½ Clove Garlic, Grated or Minced  
1 Tsp Nutritional Yeast or Grated Parmesan Cheese  
1 Tsp White Vinegar  
1 Tsp Olive Oil  
Salt and Pepper  
1 Serving of Pita Chips

### **Instructions:**

Make the dressing. Mix ½ the lemon juice, garlic, vinegar, olive oil, salt and pepper.

Mix the Arugula, parsley, cilantro, cucumber and olives a medium salad bowl.  
Top the salad with the dressing. Sprinkle with the nutritional yeast or the parmesan cheese. Mix well.  
Push salad to one side of the bowl.

In the other side, mash the avocado with the other ½ of the lemon juice, salt and pepper. Push the mash against the opposite side of the bowl.

Add the cottage cheese to the middle of the bowl between the salad and avocado mash. Top with pepper if desired.

Use the pita chips to scoop up all 3 or eat as a salad without the chips for 130 less calories, 18 less grams of carbs and 5 grams less of fat.

This meal is very versatile. For example, substitute grilled chicken for the cottage cheese. Remove the avocado and use hummus. Add more veggies to the salad.

Make a big batch and have it all week.