

## Veggie Confetti Salad

A diabetic-friendly recipe

### Ingredients:

- 1 (16-ounce) container low-fat cottage cheese
- 6 radishes, chopped
- 2 green onions, chopped
- 1/2 cup chopped cucumber
- 1 teaspoon chopped fresh dill
- 1/4 teaspoon pepper
- 4 lettuce leaves



### Directions

1. Combine cottage cheese, radishes, green onions, cucumber, dill, and pepper in a medium bowl.
2. Arrange lettuce leaves on 4 individual serving plates. Divide the cottage cheese mixture evenly over each lettuce leaf.

*Makes 4 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*