



<b>PREP TIME</b> <b>10</b> mins	<b>COOK TIME</b> <b>3</b> mins	<b>TOTAL TIME</b> <b>13</b> mins	<b>RECIPE MAKES</b> <b>4</b> servings
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Gone are the days when “creamy” in a recipe means adding mayonnaise or heavy cream (and fat!). This light recipe uses Lowfat Muuna cottage cheese to give it its creaminess. Use it as a side dish or eat it as a main dish salad since the cottage is packed with protein!

## INGREDIENTS

- 1 lb. Fresh green beans
- 1.5 cups Lowfat Plain 2% Muuna cottage cheese
- 1 Tbsp. Extra virgin olive oil
- 1 Tsp. Apple cider vinegar
- ½ Red onion, thinly sliced
- Salt and pepper to taste



### Nutrition Information Per Serving:

Calories: 138  
Protein: 13 g  
Carbohydrates: 11 g  
Fat: 5 g  
Fiber: 5 g

## INSTRUCTIONS

- 1) Blanch green beans by placing them in boiling water for 3 minutes.
- 2) Drain the green beans and add them into a bowl of ice water to set color and cool.
- 3) While the green beans cool in the ice bath, mix the rest of the ingredients in a bowl.
- 4) Drain the green beans, add them into the cottage cheese mixture, and stir until combined.