



### Nutrition Information Per Serving:

Calories: 196  
Protein: 15 g  
Carbohydrates: 23 g  
Fat: 7 g  
Fiber: 8 g

PREP TIME <b>10</b> mins	COOK TIME <b>0</b> mins	TOTAL TIME <b>10</b> mins	RECIPE MAKES <b>6</b> servings
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As presented by Lifestyle Expert Alison Deyette on Access Hollywood Live, Muuna's Mexican Style Tortilla is a delicious and versatile protein-packed lunch or snack. Prepare with the veggies below or swap with favorites in your fridge for a simple, savory, and satisfying snack.

See Alison prepare the recipe on Access Hollywood Live here:  
<https://www.accesshollywood.com/articles/stick-your-new-years-resolutions-muuna-cottage-cheese/>

### INGREDIENTS

- 1 ½ cups Lowfat plain Muuna cottage cheese
- 6 6-inch whole grain tortillas
- 1 cup Salsa
- 1 Tomato, chopped
- 1 Avocado, sliced
- Squeeze of fresh lime juice
- Black pepper to taste

### INSTRUCTIONS

- 1) Mix cottage cheese with a squeeze of lime and a shake of black pepper.
- 2) Add mixture to 6 inch whole grain tortilla
- 3) Top with tomato, avocado, and a spoonful of salsa.
- 4) Enjoy immediately!